

REDBOOK



love your life

Free
booklet!
**QUICKIE
HEALTH
FIXES**

How to date your husband

5 ways to feel like
you just hooked up

**LOSE 10 POUNDS
WITHOUT
REALLY TRYING**

No dieting—just little life tricks!

**Save \$1,000
this month**

How to do everything cheaper

Jeans that slim you instantly!

22 finds for a flat belly
and a cute butt

**THE GOOD WIFE'S
JULIANNA
MARGULIES**

on cheaters:
"Tell your wife, or
I'll tell her"

SPECIAL REPORT <<<

**BIG LIES
ABOUT
FOOD
ALLERGIES**

**Put your
family in a
good mood**

The 7 new
happiness rules
to live by

RENEW YOUR LOVE

maybelline.com

MAYBE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

Emily is wearing Color Sensational™ Lipcolor in Red Revival. ©2010 Maybelline LLC.

COLOR*sensational*TM
LIPCOLOR

AFFAIR WITH RED

SO SUPREMELY SENSUOUS, SO LUXURIOUS...SO IRRESISTIBLY PERFECT.

CRISPER, RICHER COLOR only from our pure pigments.
CREAMIER FEEL only from our nourishing honey nectar.

It's the red that reinvented red.

In 8 sensational red shades.

#1
red in
America

Red Revival

LLINE®
NEW YORK

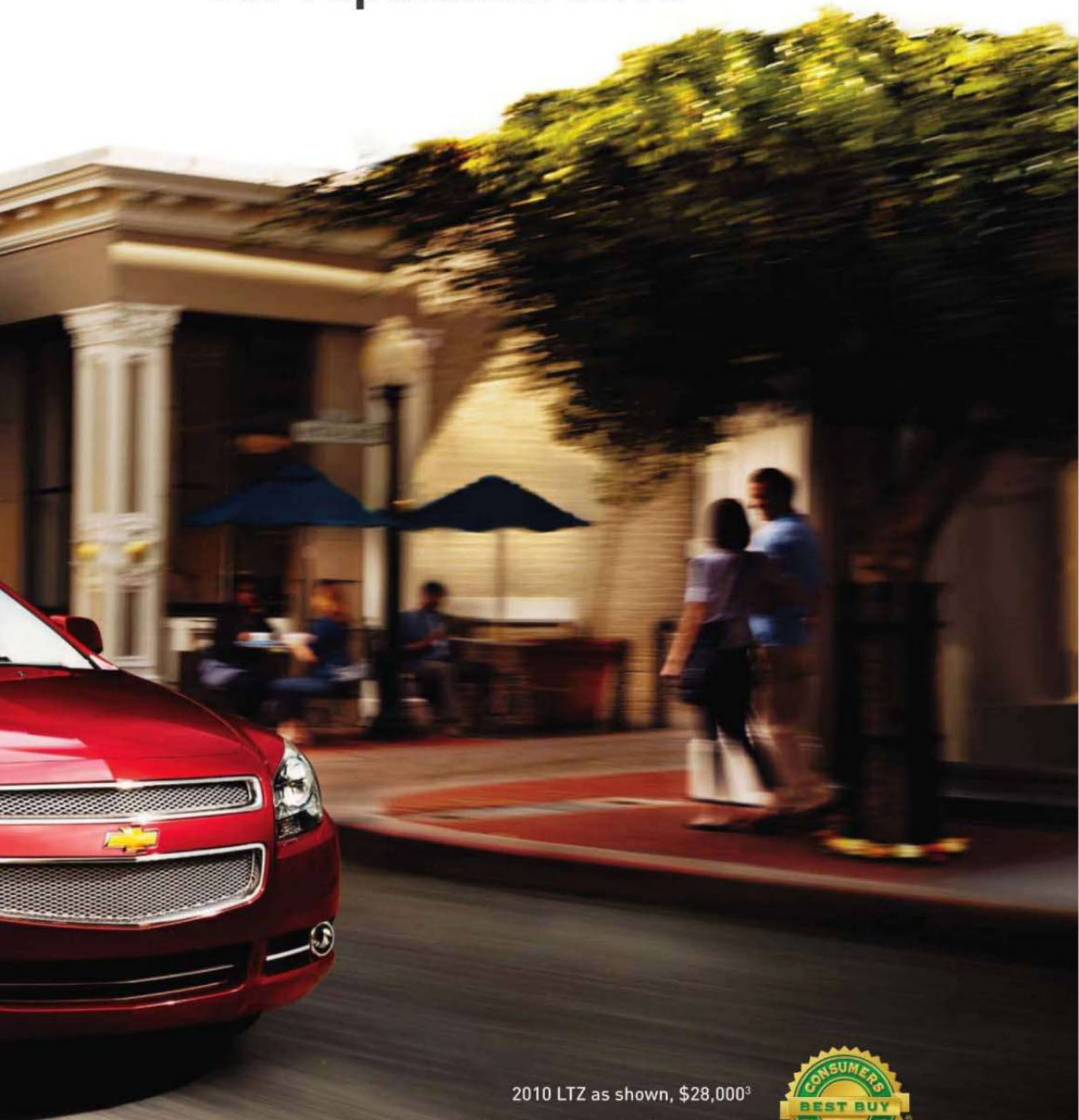
Presenting the Chevrolet Malibu. It's the sedan that's engineered for dependability. It comes with America's best coverage — a transferable 100,000-mile/5-year¹ Powertrain Limited Warranty to guarantee the quality, plus roadside assistance and courtesy transportation programs. The Malibu offers 33 mpg highway² and was even named A Consumers Digest Best Buy two years in a row. Everyone deserves a car they can rely on. LS with EPA-estimated 30 mpg highway starts at \$22,545.³ Find out more at Chevy.com.



CHEVROLET.



So dependable we're building our reputation on it.



2010 LTZ as shown, \$28,000³

¹ Whichever comes first. See dealer for details. ² EPA estimated. ³ MSRP, Tax, title, license, dealer fees and optional equipment extra. Chevrolet and Malibu are registered trademarks of General Motors. © 2010 General Motors. Buckle up, America! The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license.





EXPECT MORE. PAY LESS.®

WINTER

Target.com/mylookmaker

Fits Her

Trench Coat \$49.99

Available in select stores only.

Denim \$19.99

Tee \$8

Tote in Black \$24.99

Riding Boots \$39.99

Perfectly
priced
to fit
your life.

They say that we don't have nearly

In this digital and



have



. So we must not be
right? Wrong. There is still a

of sitting down on the



with
why magazine readership has

Surprised? Not



as much as we used to.

we're if most even

reading magazines anymore,

great in the act

a magazine. Maybe that's

grown over the last five years.



TOUGH ON WRINKLES.



Take care.
GARNIER
garnierusa.com

* Sold at food/drug/mass merchandise retailers, excluding department stores.
** Based on consumer perception study after 8 weeks. ©2010 Garnier LLC.

GENTLE ON SKIN.

new

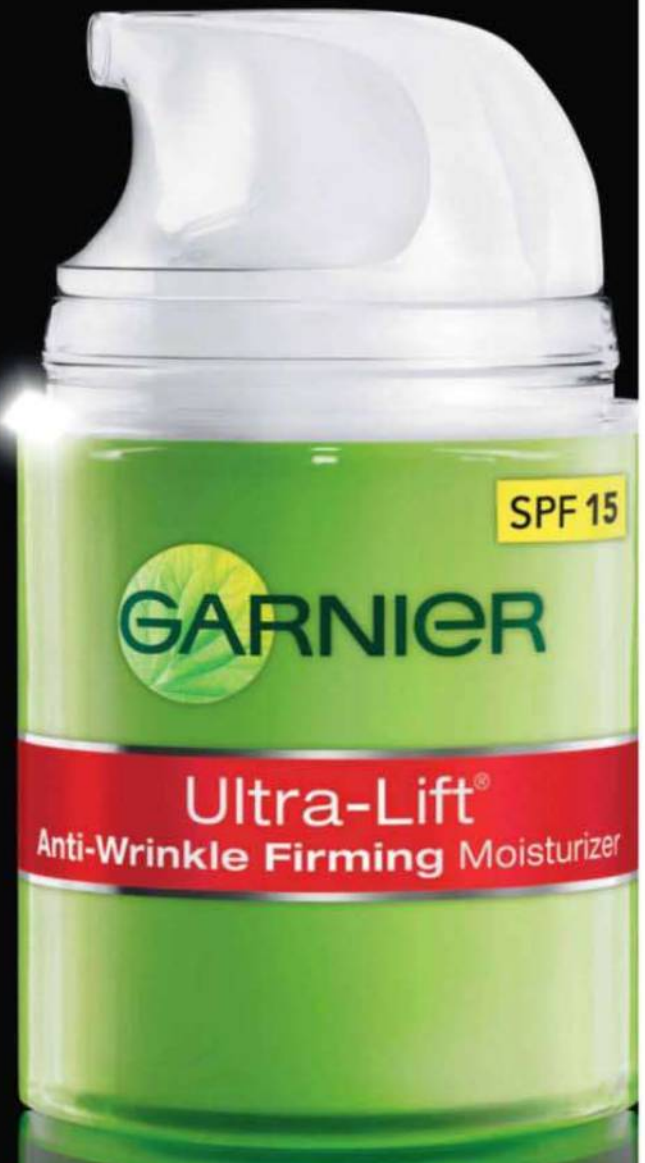
AN ANTI-WRINKLE REVOLUTION

the only moisturizer with
PRO-RETINOL FROM NATURE*



THE PROOF>>>

- > It's a different kind of retinol. Ultra-Lift with Pro-Retinol from nature dramatically lifts wrinkles, without irritation.
- > 95% effective on wrinkles.**
100% gentle on skin.



7 days of style

PRESENTED BY
LIZ claiborne EXCLUSIVELY AT
JCPenney

ENTER
TO WIN A
CLOSET
MAKEOVER!

From jackets to jeans and everything in between, you can build a stylish wardrobe without spending a fortune. The trick? Knowing what to buy—and where to get it! Available **exclusively at JCPenney**, **Liz Claiborne** offers classic, chic looks at affordable prices. Gearing up for fall? Consider these shop-smart tips from the experts at Liz Claiborne:

- 1 Forever in fashion, a **plaid jacket** is an apparel staple for every woman. Add a belt for an extra dash of flair.
- 2 Dare to be bold? Add a pop of color to your ensemble with a **brightly colored handbag** or an eye-catching statement necklace.
- 3 A **little black dress** in a shape that suits your figure is a perfect blank canvas to showcase your personal style.
- 4 Dressed up or down, a **crisp white shirt** makes any outfit look perfectly polished.
- 5 Every woman needs at least one pair of **stylish jeans**. The key? Find a pair that flatters your body type.
- 6 Be sure to stock up on fall wardrobe essentials (such as a **rib-texture turtleneck**) in plum—it's the season's hottest hue.
- 7 An instant pick-me-up for any outfit, a **leather vest** is the perfect topper to a great pair of jeans—or even a sleek pair of dress pants!

ENTER TO WIN LIZ CLAIBORNE'S "7 DAYS OF STYLE" CONTEST

ARE YOU IN NEED OF A CLOSET MAKEOVER? Enter the Liz Claiborne "7 Days of Style" Contest by October 20 for the chance to win an all-expense paid trip to NYC for a meet & greet with a Celebrity, a closet makeover, and a Liz Claiborne \$1000 shopping spree at JCPenney with a REDBOOK fashion expert. Contest kicks off August 24. Visit www.lizclaibornecontest.com to tell us—and show us—why you deserve to win.

*No purchase necessary to enter or win. 7 Days of Style Contest. Sponsored by Hearst Communications, Inc. Beginning at 12:01am ET on 8/24/10 through 11:59 pm ET on 10/20/10, enter at LizClaiborneContest.com and submit an entry form, including photo upload and essay submission of why you are in need of a closet makeover pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States or the District of Columbia who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico, and where prohibited by law. Contest subject to complete official rules available at LizClaiborneContest.com.

JCPenney Every Day Matters!

CLAIROL®

the haircolor that
feels as healthy
as it looks



Natural Instincts is the first color clinically proven less damaging.* No wonder 80% of women said it made their hair feel softer than before they colored.** The antioxidant-rich, ammonia-free formula not only looks good, it feels good too. Find out more about Natural Instincts 10-minute color at clairol.com. IT'S ALL GOOD.

*vs. leading level 3 **among 564 women who saw a difference

available in
rich color crème shades
**natural
instincts**



High bar.

I love reaching for new heights. So after a workout, I drink a tall glass of lowfat milk. It has electrolytes to help replenish my body and protein to help build lean muscle. And that's no stretch.

got milk?

whymilk.com/shawnjohnson

September

p.172

This necklace is only \$5!



On the Cover

- 190 How to Date Your Husband
- 109 Lose 10 Pounds Without Really Trying
- 167 Save \$1,000 This Month
- 182 Jeans That Slim You Instantly!
- 134A Free Booklet! Quickie Health Fixes
- 176 Cover Story: Julianna Margulies
- 122 Big Lies About Food Allergies
- 158 Put Your Family in a Good Mood

Style Scoop

- 51 **Go (Slightly) Wild** Quiet colors make the new animal prints ladylike, not cat woman.
- 52 **Fixes for Surprise Break-Out Season** It's right now!
- 54 **Beauty Checklist**
- 56 **Yes, Your Manicure Can Last 10 Days!** Use our "Wow, I never knew that" tricks to get the longest-lasting mani of your life.
- 60 **Your 10 Best Looks Now** Who cares about a new movie or reality show? We love celebs for their beauty and style. Try these ideas!
- 70 **8 Shoes Under \$80**
- 74 **"Hey, Tim! What Should I Wear Today?"** Tim Gunn's rules for classic, looks-good-on-everyone style.
- 182 **The Sexiest, Most Flattering Jeans Ever** The right pair should fit your life, work with your style—and make your butt look amazing!



p.182

There's no problem a great pair of jeans can't solve, so shop our pages!

p.54

Designer style for your lips.

Julianna Margulies photographed exclusively for REDBOOK by Gilles Bensimon. Hair: Oscar Blandi for OscarBlandi.com. Makeup: Kristofer Buckle at The Wall Group. Manicure: Ana-Maria for Onyx Salon & Spa/artistsbytimothyprano.com. Stylist: Cristina Ehrlich at Margaret Maldonado. Top: Stella McCartney. Pants: Ralph Lauren. Rings and bracelet: Pandora. Earrings: Lucifer. Get Julianna Margulies's look with makeup by Chanel and hair care by Oscar Blandi. Makeup: Chanel Quadra Eyeshadow in Enigma. Inimitable Intense Mascara in Brun. Hydramax + Active Tinted Moisturizer in Sunlit. Limited-Edition Powder Blush in Rose Temptation. Rouge Coco Lip Colour in Chintz. Nail Colour in Jade Rose. Hair: Oscar Blandi Pronto Gloss Instant Glossing Cream. Volume Volumizing Spray. Olio di Jasmine Hair Serum.

Exclusively at
JCPenney
Every Day Matters™

WordMags©



MADE FOR MEMORIES

MADE  FOR
AMERICAN LIVING

Men / Women / Kids / Home

AMERICANLIVING.COM

September

Your Love Life

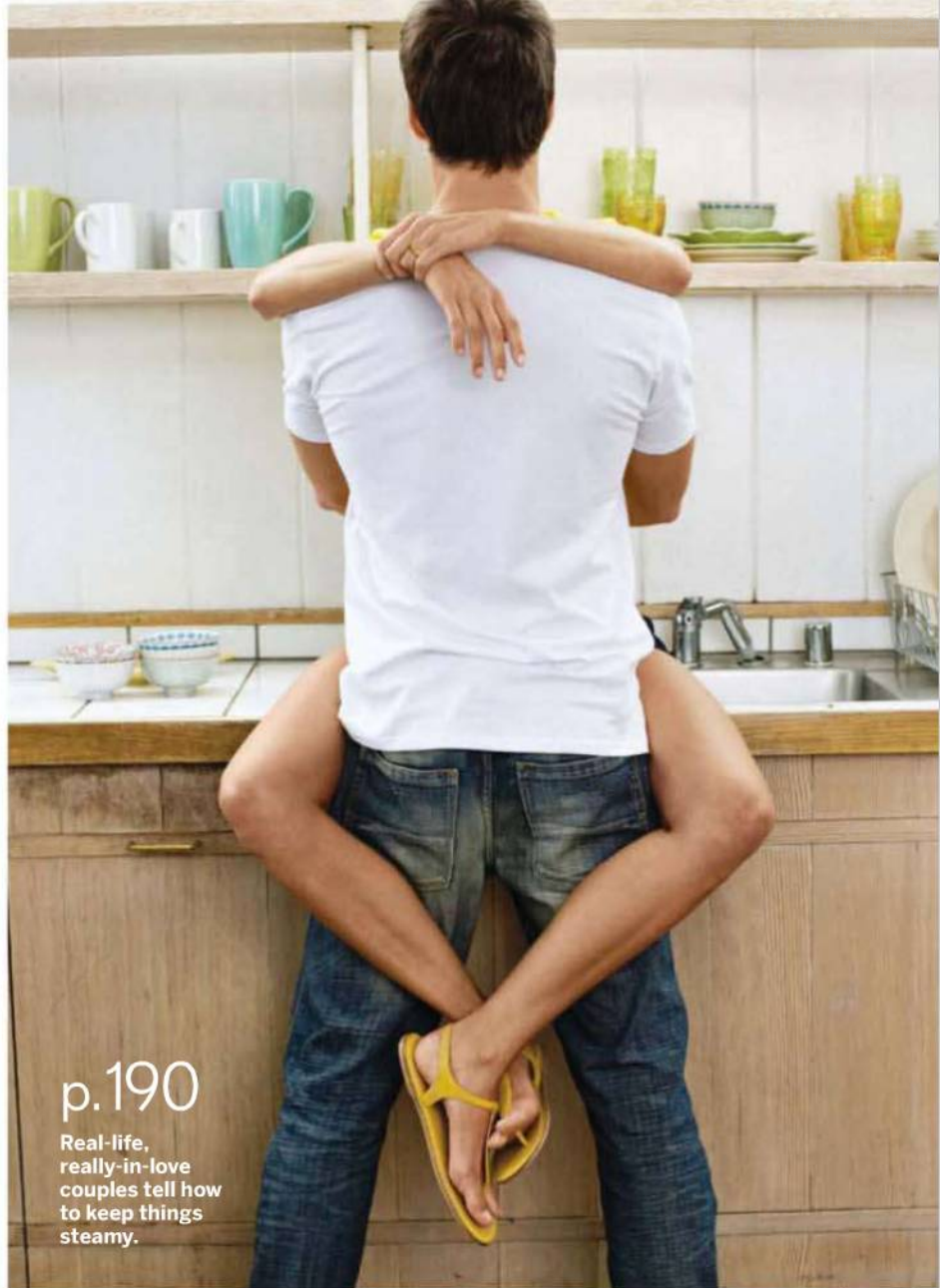
- 83 Who Says You Can't Change Your Guy?** Break him of his bad habits with this sneaky strategy.
- 84 Love Notes** Easy ways to stay in lust.
- 86 Sex Life Road Test** A tingly new idea.
- 88 How to Survive the Vacation From Hell** Our guy columnist, Aaron Traister, finds the good in a trip gone horribly wrong.
- 92 What I Know About Women** *Modern Family's* Ty Burrell.
- 98 The Heart Stuff** Straight-talking relationship advice from Karen Karbo.
- 102 What to Try in Bed** Humor is hot, say the authors of *The Sexy Book of Sexy Sex*.
- 190 How to Love Him Like You Just Met Him!** Five crazy-in-love couples prove that the honeymoon phase can last forever.

Body & Mind

- 109 Simple Ways to Lose Weight Without Even Noticing** 5 easy eat-smart tricks.
- 112 A Full-Body Workout in 20 Minutes?** Yes, please!
- 120 Your Most Intimate Questions, Answered** Naked truths from Hilda Hutcherson, M.D.
- 122 Update! The Food Allergy News Everyone Needs**
- 130 When's Your Next Girls' Night Out?** Why those precious hours of girlfriend time are worth all the planning agony.
- 134A 10-Minute Health Fixes** Tear out our booklet of quickie health improvers.

Making It Work

- 135 Cash In on Your Mom Skills** 3 ways to earn by drawing on your own experience.
- 136 What Works** Restart your career.
- 140 Can We Stop the Great Parenting Contest?** Alice Bradley, the Imperfectionist, shares her adventures in child-rearing.
- 144 Mom Life** Online homework help.



p.190

Real-life, really-in-love couples tell how to keep things steamy.

- 146 How to Fight for the Cause You Believe In**
- 150 2 Families + 1 Sitter = Perfect Solution** One reader's creative child-care arrangement.
- 154 Mommy Strategies** Help your child get through a pet's death.
- 158 7 Secrets of Low-Stress Families** Some amazing truths about how we can all live happier together.
- 167 Live a Big Life on a Small Budget** Scaling back doesn't mean you have to settle.



p.200

Add a little glam to your home.

**DO THEY CHARGE
YOU IF YOU USE
THE CARD?**

**DO THEY CHARGE
YOU IF YOU DON'T
USE THE CARD?**

ENOUGH.

Switch to the Discover® More® card today.

No Annual Fee.

No Reward Redemption Fee.

No Inactivity Fee.

No Additional Card Fee.



Visit discover.com
Call 1-800-DISCOVER

September

THE HOTTEST NEW SHADES
OF THE SEASON

REVLON NAIL ENAMEL

10 brilliant days of
chip-resistant
color and shine.*

Scene Stealer

Silver
Screen

All Fired Up

Hot For Chocolate

Gray Suede

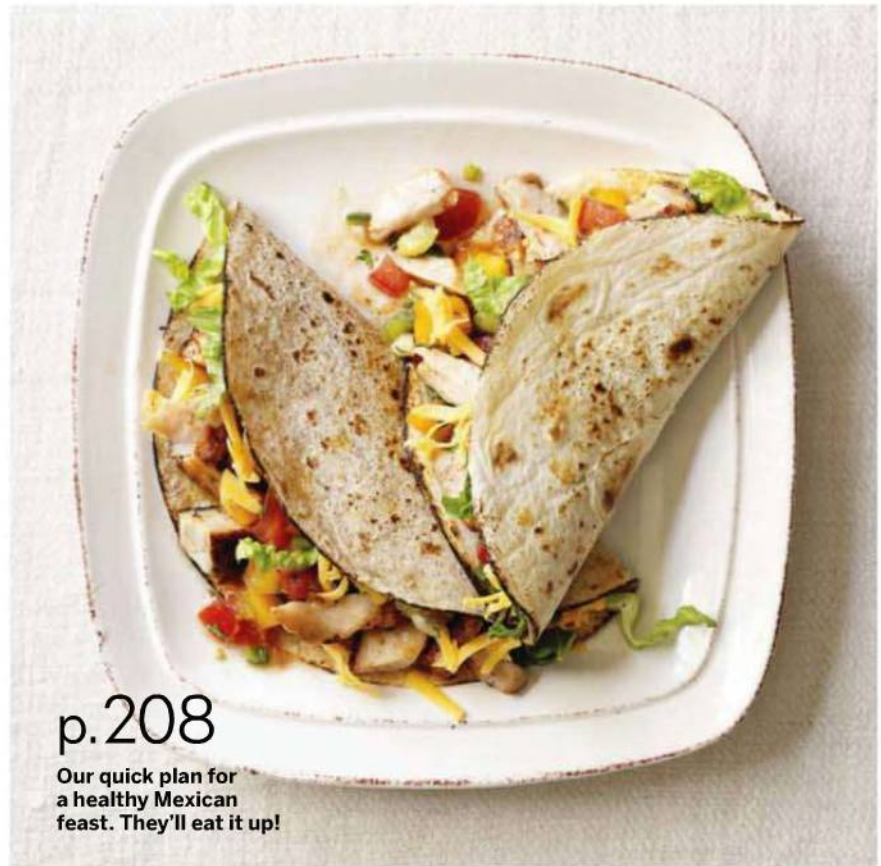
Only from
Revlon
Color
Authority.™

Valentine

* When worn with Revlon
base and top coat.
• New shade.

©2010 Revlon revlon.com

REVLON®



p. 208

Our quick plan for
a healthy Mexican
feast. They'll eat it up!

Living

- 200 Get a Posh Living Room!** Kelly Wearstler's tips (plus budget-friendly finds) to create the look of this serene refuge.
- 208 Tacos Done Right** Healthy Tex-Mex that's faster than takeout.

Downtime

- 221 Movies, Music, TV, Books, and Fun**
- 226 The Vacation That Will Change Kids' Lives** One woman and her family make a difference in New Orleans—and have some fun along the way.
- 230 Wow, That Was Embarrassing!** Readers' tales of words that came out wrong.

In Every Issue

- 20 Editor's Letter**
- 22 Red Letters**
- 24 Behind the Scenes**
- 26 Redbook Online**
- 28 Win It!**
- 37 Just In Time**
- 232 Shopping Guide**
- 234 I Love My ____ Life**



SUBSCRIPTION QUESTIONS?

Please go to service.redbookmag.com for all inquiries.

Bedroom confessions, true mom moments, free stuff, and more at redbookmag.com.

REVLON
SUPER
LUSTROUS™
Lipstick

MAKE A SMOOTH MOVE.

LiquiSilk™ formula uses the power of mega-moisturizers to seal in color and softness. In a wide range of shades.

REVLON®

Halle Berry is wearing Revlon Super Lustrous™ Lipstick in *Just Enough Buff*.
Find your shade at revlon.com



Editor's Notebook

What advice do you live by?

A favorite story: Queen Elizabeth was taking questions from a group of school kids and one asked for her most important piece of life advice. Her answer (cue the royal British accent): "Whenever you have the opportunity, always use the toilet."

You never know who'll offer a gem like that, and we've been so busy at REDBOOK that the queen's advice has come in handy! You'll see what we've been working on in the October issue. It's packed with lots more of everything you love about REDBOOK, wrapped in a happy, high-energy new design. Meanwhile, this issue gives you everything from groundbreaking allergy news (page 122) to Tim Gunn's style guidance for fall (page 74).

When I saw Tim at our shoot, he also shared some all-purpose words to live by, and there are really only two of them: Say less! He elaborates at right and in his new book, *Gunn's Golden Rules*, which is full of observations that make you ask, "Oops, do I do that?" Thank God for Tim's gentlemanly presence in a world of reality-TV rudeness, and thanks to seven other contributors who offered choice nuggets of wisdom. Read, learn, and laugh!



Jill
Jill Herzig,
Editor-in-Chief
redbooked@
hearst.com



More Tim,
page 74

"Give 100 percent of your attention to the person you're with. I find that people don't listen very well, and to that I say, If you are present, be present." —Tim Gunn

"Draw a line at anything that doesn't feel good. I'm never willing to compromise when it comes to being truthful with family and friends. A friendship isn't worth it to me if I can't be honest." —Julianna Margulies



Julianna's
interview,
page 176

"Love the life you lead. That doesn't mean walking around with a smile plastered on your face; it just means that at the end of the day, when you stack it all up, there are moments of joy, laughter, and love that define who you are."



Nate's
tips,
page 222

"I tell my children to compliment at least one person every day. It's a small way to have a big, positive influence." —Dr. Hilda Hutcherson



Dr.
Hutcherson's
column,
page 120



Ty's Q&A, page 92

"Pursue what you resist. Then again, I've run from everything I resisted and accidentally ended up where I should be anyway. So you can be a coward and have it work out too!" —Ty Burrell

"Everything your kids do to drive you nuts will, at some point in the future, seem hilarious, and even charming. So when they're pushing your buttons, just breathe, and don't forget to take notes."

—Alice Bradley

Alice on
nutty
moms,
page 140



"Wait three months before saying any of the things you hated about a friend's ex. They might get back together. Actually, better make that six months."

—Kristen Schaal and Rich Blomquist



Kristen
and
Rich's
advice,
page 102

AMERICA'S FAVORITE MASCARA!

**100's OF GREAT LOOKS.
1 GREAT LITTLE TUBE.**



**NO WONDER ONE IS SOLD
EVERY 1.7 SECONDS!***

GO TO **FACEBOOK.COM/MAYBELLINE** NOW
TO GET EXCLUSIVE OFFERS & INFO LEADING UP
TO GREAT LASH'S 40TH BIRTHDAY IN 2011!

MAYBELLINE®

NEW YORK

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®.

*Based on FDMx unit sales for the 52-wk period ending 12/27/09 as reported by InfoScan Information Resources, Inc. plus other outlet POS sales. ©2010 Maybelline LLC.

Red Letters



Life-saving advice

Thank you for the article about skin cancer ["Stay Safe In (and Out of) the Sun," June]. I had on my arm what I thought was an insect bite, until I saw the picture of squamous-cell cancer. I made an appointment with my physician, who biopsied the area. Turns out that it was cancerous, and I had it removed by a dermatologist. Thank you for the info! —Linda Davis, Boardman, OH

Our hearts go out to America's troops

As a wife whose husband is overseas, I was excited to see two articles on supporting the troops in the July issue ["Families Deployed Together" and "Support Our Troops—With Coupons"]. Thank you to the families who shared their stories, and thank you, REDBOOK, for reminding everyone about the families that sacrifice so much. —Linda Pudloski, Canton, OH

I love the article "Families Deployed Together." I cried the whole time I was reading it. As an Army wife, I know how hard it is to be away from a loved one, and I'm so glad your article captured how the

SHE'S GOT FANS!

"I, like many others, find Jillian Michaels to be an inspiring and positive role model for trying to live a healthy life."

—Patty Gierloff, Lehi, UT

soldiers feel. Thank you so much for this article. I can't wait to share it with other wives. —Tyakeia Spangelo, Jacksonville, FL

A big skin problem—gone!

A tip in your May issue has made such a huge difference in my complexion that I feel compelled to give feedback. For years I've had small bumps on my forehead and nose. I've been to several doctors, but no one has successfully treated it. Then I read about seborrheic dermatitis and how using a dandruff shampoo might help. Two months later, most of the bumps are gone! Thank you! —Teresa Saunders

HERE'S THE TIP: Use a medicated shampoo such as Head & Shoulders Smooth & Silky Dandruff Shampoo, \$5, once a week to treat seborrheic dermatitis and body breakouts. Seborrheic dermatitis is caused by an overgrowth of yeast that makes skin greasy and flaky; it also causes dandruff. Even if you don't have a scalp problem that you're aware of, using a dandruff shampoo on your hair kills off the yeast at the source, so your skin benefits too.

Love you, guys!

I loved the article "What We Love About You" [The Whys Guy, June]! Reading why our men love us gave me a sense of pride for my husband. He is a great man and a great father, and the article made me realize what a lucky woman I am to have him. Thanks again for the great article. Please keep them coming! —Stacy Rebe, Denver

We hear you!

I am shocked by the negative light you shed on breast-feeding ["No, You Don't Have to Breast-feed," May]. Where are the articles about women who succeeded despite obstacles? You have the ability to show women that they can breast-feed with the right information and determination. I hope to see you correct this and show that you're supportive of all women."

—Angel Thomas, Dover, DE

We heard this comment and others like it loud and clear. That's why, for breast-feeding awareness month in August, we've published an online feature with lots of breast-feeding advice from new moms who made it work for them. Find it at redbookmag.com/breastfeeding-tips. Here are just a few great tips:

Surround yourself with supportive people. "I was ready to quit nursing five days into it, but my husband kept reassuring me that I could do it, which is exactly what I needed to push through."

—Lyndsie M. Damon, San Jose, CA

Prevent soreness. "Limit your baby to 12 minutes of nursing on each side. If you let your baby linger longer, your nipples may get sore, making nursing painful."

—Sara Kenamore, Hartsdale, NY

Get Dad involved. "I remember being so thirsty when I was nursing! My husband would stand by me and hold a water bottle with a straw, and I would drink while my baby drank. It helped my thirst, and there was something about feeling replenished as the milk was leaving my body that mentally recharged me."

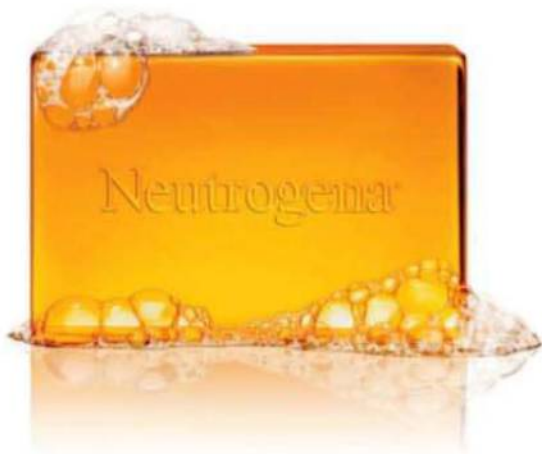
—Amy Herzog, Dobbs Ferry, NY

Tell us what you're thinking!

Email redbook@hearst.com, or write to us at: REDBOOK Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

We've always helped
keep your skin clear.

Now let us handle
those wrinkles.



Neutrogena Anti-Wrinkle Moisturizer with Retinol SA.

When you were younger, Neutrogena® was your go-to solution for problem skin. Now that you're dealing with wrinkles, we still have the solution dermatologists recommend most. Neutrogena Anti-Wrinkle Moisturizer with pure Retinol SA. Use it for just one month, and it will smooth even your deepest wrinkles.

It works, beautifully.

Neutrogena®

#1 DERMATOLOGIST RECOMMENDED

Behind the Scenes

Julianna is often serious for the cameras at work, but on our set? All smiles.



Get the look

SAME OUTFIT IDEA, UNDER \$100!

A red strapless top and sleek tuxedo pants: eternally sexy and surprisingly gettable.

Top, Gracia, \$43; shopgracia.com for information. Pants, Grass, \$49; Macy's stores.



Bracelets (from left): Archive, \$106; Vita Fede, \$190.



"Julianna has a megawatt smile," says makeup artist Kristofer Buckle. "So I let that shine by keeping her lips smooth and using a soft, pale nude lipstick."

Chanel Rouge Coco Lip Colour in Chintz, \$30.

JULIANNA MARGULIES SHARES WHAT INSPIRES HER "I love my **full** life."

"Motherhood has redefined my ambition, but I will always continue to act," promises our September cover star, who says shooting her hit TV show for 12 hours, then heading to the grocery store and home to make dinner for her husband and 2-year-old son is all in an ideal day's work. "There is never a dull moment, and I love that."

WANT HER EFFORTLESS CURLS?

"Julianna likes her hair very natural, almost undone-looking," says celeb stylist Oscar Blandi. "To define her curls, I blow-dry with a diffuser attachment using cold air to lock out frizz, then finish with hair serum."

Oscar Blandi Jasmine Oil Serum, \$16. Belson Pro Ultra Light Turbo Toumaline Dryer, \$33.



On set, Julianna popped Sudafed for a bad cold. (Yes, she looks this good sick!)



WIN THE GOOD WIFE ON DVD!

30 readers will each win the Season 1 DVDs of the Emmy-nominated drama. To enter, go to redbookmag.com/goodwifegiveaway. (See page 233 for details.)

MARGULIES: PHOTOGRAPHED BY GILLES BENSON. DVD: COURTESY OF CBS. SUDAFED: LAURA DOTOLLO FOR HALLEY RESOURCES. ALL OTHER STILLS: PETER ROSA/STUDIO D, STYLIST: LAURA DOTOLLO FOR HALLEY RESOURCES.



**fresh just got
a nourishing
boost**

The freshness you love just got better. Now with NutriumMoisture™, Dove gofresh body wash not only revitalizes your mind—it also nourishes your skin. Find out more at dovegofresh.com.

 Dove gofresh. Fresh at its best.

**nutrium
moisture™**





Promotion



you, only better



Fresh just got a nourishing boost! Introducing Dove® gofresh™ Body Wash now with NutriumMoisture™ technology.

We asked REDBOOK readers to tell us how their lives have gotten a boost. Here's what one reader had to say:

“My days used to be full of **beach parties** and **pretty dresses**, and I had lots of **trendy friends**. These days, my life is full of **hopscotch** and **little league**, and I have more **snuggles** than I could have imagined. I love my **mommy** life.”

— Stacy Baqui, Wailuku, HI



Try new Dove® gofresh™ Body Wash and experience fresh at its best.

Learn more at dove.com.



Dove gofresh.



ust got
rishing
post

r. Now with
sh not only
es your skin.
ofresh.com.

nutrium
moisture



Redbook Online

redbookmag.com

WHAT ALL THE MOMS ARE TALKING ABOUT

Join the conversation on **redbookmag.com** to rant, rave, and connect with other mothers just like you. Click away!

Honest confessions

● redbookmag.com/momversation



Everyone has a pal who makes life easier, funnier, and just plain cooler. We've got a whole *bunch* of them for you! Popular bloggers (including Heather Armstrong of Dooce and Alice Bradley of Finslippy) sound off and share genius ideas, plus plenty of LOL dish in our Momversation videos.

"I went to sex school!"

● redbookmag.com/sexschool



No worries, this isn't the snooze-y sex ed you remember from high school. Our sexpert sat in on 10 of the weirdest, wildest, sexiest sex classes around the country and took notes for you. Go ahead: Crib a move or two to try on your guy tonight.

Mom-to-mom advice

● redbookmag.com/schooltips



Welcome to back-to-school insanity—made sane! Real moms share their tricks for juggling carpools, homework, field-trip permission slips, parent-teacher meetings, and volunteer-for-the-PTA pleas.



Win cute kids' clothes

● redbookmag.com/giveawayaday

Before you blow a bundle on new outfits, enter to snag one of the Crazy 8 gift cards we're giving away every day, each worth \$50. Save money and style up your kids—sounds good, right?

The winning look.
Talk about a dressing room!Behind the scenes on *Design Star*

Tough job, we know: REDBOOK's fashion director, Audrey Slater, got to be a guest judge on the HGTV show everyone's obsessed with. The designers'



Fashion ed Audrey with the winning design team.

challenge was to re-create an apartment based on fall's hottest fashions. To see insider photos and get Audrey's scoop, go to redbookmag.com/designstar.

SWISS

COLLECTION BY OPI

O·P·I

LACQUERS FROM LEFT TO RIGHT:
Color So Hot it Burns, Just a Little Rösti at This,
From A to Z-urich, Glitzerland, I'm Suzi & I'm a Chocoholic,
Diva of Geneva; The Color to Watch,
Lucerne-tainly Look Marvelous, Yodel Me on My Cell,
Ski Teal We Drop, Cuckoo for this Color, William Tell Me About OPI

Try it on at opi.com

Model is wearing **Cuckoo for this Color**



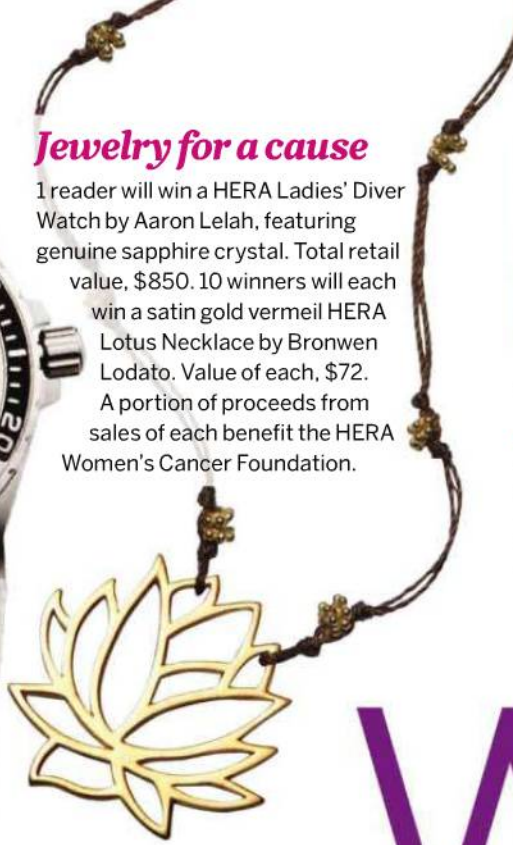
Available at Professional Salons, including Beauty Brands, Beauty First, JCPenney, Regis, Trade Secret, and ULTA locations.

CONTAINS NO DBP, TOLUENE, OR FORMALDEHYDE Call 800.341.9999 ©2010 OPI Products Inc.



Jewelry for a cause

1 reader will win a HERA Ladies' Diver Watch by Aaron Lelah, featuring genuine sapphire crystal. Total retail value, \$850. 10 winners will each win a satin gold vermeil HERA Lotus Necklace by Bronwen Lodato. Value of each, \$72. A portion of proceeds from sales of each benefit the HERA Women's Cancer Foundation.



A great vacay in New York City

1 reader will win a 2-night stay for 2 in the brand-new 1-bedroom suite at the Paramount Hotel New York, near Times Square. Includes breakfast and airfare vouchers. Total retail value, \$3,100.

**\$262,487
worth
of free stuff**

Win It!

A year's worth of pet stuff



3 winners will each win a year's worth of natural dog or cat food, snacks, and goodies from wellnesspetfood.com. Value of each, \$500.

Log on at redbookmag.com/winit for a chance to win.

The perfect pair of jeans

20 readers will each win a pair of Curve Appeal Denim. Jeans meet shapewear in this design, with panels to flatten what you want flat and give you a butt boost. Value of each, \$88.



A sandal wardrobe

1 reader will win 5 pairs of Bandals sandals, including 2 interchangeable bands for each. Total retail value, \$450. 25 readers will each win 1 pair of Beach Bandals with 2 extra bands. Value of set, \$50.

A posh new fridge

1 reader will win an Electrolux Under Counter Wine Cooler or an Electrolux Beverage Center. Total retail value, \$1,699.



Amazing travel luxuries

1 reader will win a summer travel kit from choose cherries.com. The Longchamp carry-on contains a Tory Burch cosmetics case, a cashmere wrap, Betsey Johnson sunglasses, an iPod nano, a Canon PowerShot SD 780 IS, a pillowcase, socks, and a shawl—plus dried cherries to snack on! Value of set, \$1,158.

COLD, HARD CASH: WIN \$250,000!

Last year, 1 lucky reader walked away with \$100,000. Now you've got more than twice as many reasons to enter! Enter at win250k.redbookmag.com. See page 233 for details.

BUILD A STRONGER,
HEALTHIER, FIRST LINE
OF DEFENSE.



PUT THE HEALTH OF YOUR **SKIN FIRST**
with the body lotion that strengthens your skin barrier.



The daily effects of air quality, climate changes, dryness and humidity can affect your skin's health over time. That's why New Eucerin DAILY SKIN BALANCE skin-fortifying body lotion is much more than a moisturizer. Its scientifically developed, unique combination of ingredients with pH buffer, provitamin B5 and shea butter strengthens and supports your skin's protective barrier by helping to maintain its natural pH balance.

EucerinUS.com/SKINFIRST

Eucerin®

Skin Science That Shows.

POND'S®

THE BEST TOWELETTE JUST GOT BETTER

Now, refresh and soothe
your skin with a towelette
that cleans better than
any other leading brand.



MORNING REFRESH

Infused with Citrus and Cucumber
to energize and refresh. Microbeads
exfoliate for a fresh glow.



EVENING SOOthe

Infused with Chamomile and White
Tea to relax and soothe. Gently lifts
away all make-up and impurities.

FOR A \$1.50 OFF COUPON
GO TO POND'S.COM



GET EXCITED!

It's the new Redbook

Pick up our super-packed October issue and get...

MORE STEALS & DEALS

- 50 great buys under \$50!
Great beauty, fashion, and
home finds, down to 99 cents
- A dream kitchen you can put
together on a real-life budget

MORE JUICY STORIES

- What a guy never shows
you... till you're married
- The secret world of co-
sleeping (Brad and Angelina
fit six kids in their bed!)

MORE USE-IT-NOW INFO

- Sexy hair ideas anyone can
do with her own two hands
- Lazy ways to get fit
- A month's worth of speedy
weeknight recipes—so easy,
you just look and cook!
- The one do-it-all piece you
need in your wardrobe

ON SALE
SEPTEMBER 21

BEAUTIFUL CLEAN SKIN.
MORNING AND NIGHT.

POND'S®

TRUST IN A CLASSIC

New morning and evening towelettes. Simple, effective skin cleansing that works. That's our promise to you and generations of beautiful women.

SIMPLY BEAUTIFUL SKIN SINCE 1846



REDBOOK PROMOTION

take note

FEEL THE
SMOOTHNESS™! **Ball Pens**NOW FEATURING THE
EASY-GLIDE SYSTEM®

Up To 35% SMOOTHER WRITING

Compared To Current BIC® Ball Pen
Ink SystemsLook For This
Logo On Your
Favorite BIC®
Ball Pens**More for your money**

©2010 BIC USA Inc., Shelton, CT 06484

REDBOOK

loveyourlife

Editor-in-Chief Jill Herzig**EXECUTIVE EDITOR** Meredith Rollins **CREATIVE DIRECTOR** Holland Utley**MANAGING EDITOR** Kim Cheney**DEPUTY EXECUTIVE EDITOR** Melanie Mannarino**SPECIAL PROJECTS DIRECTOR** Lori Berger**DIRECTOR, REDBOOK ONLINE** Lili Zarghami**DEPUTY EDITOR** Sunny Sea Gold**DEPUTY EDITOR, FEATURES** Andrea Bauman Gordon**FASHION DIRECTOR** Audrey Slater**BEAUTY DIRECTOR** Cheryl Kramer Kaye**HOME & LIFESTYLE EDITOR** Krissy Tiglias**FOOD EDITOR** Barbara Chernetz**ASSISTANT MANAGING EDITOR** Megan Collins**SENIOR EDITORS** Cari Wira Dineen, Holly Hays**BEAUTY EDITOR** Krista Bennett DeMaio**ASSOCIATE FASHION EDITOR** Cristina Desposito**ASSISTANT EDITORS** Brittany Burke, Anna Davies,
Lindsey Palmer, Nicole Yorio**Art****ART DIRECTOR** Cara Reynoso**DIGITAL IMAGING SPECIALIST** Ralph Ruggiero**DEPUTY ART DIRECTOR** Sarasvati Muñoz**ASSISTANT ART DIRECTOR** Danielle White**Photography****PHOTO DIRECTOR** Bruce Perez**PHOTO EDITOR** Rosaliz Jimenez**ASSISTANT PHOTO EDITOR** Susan Sheeran**Research & Copy****SENIOR RESEARCH EDITOR** Lauren Oster**COPY EDITOR** Laurel Leicht**Online****WEB EDITOR** Briana Mowrey**CONTRIBUTING EDITORS**Laura Berman, Ph.D., Alice Bradley, Alice Domar, Ph.D.,
Laura Berman Fortgang, Jane Greer, Ph.D., Scott Haltzman, M.D.,
Hilda Hutcherson, M.D., Karen Karbo, Ian Kerner, Ph.D.,
Beth Kobliner, Lisa Lillien, Julie Morgenstern,
Lou Paget, Tina Tessina, Ph.D., Aaron Traister, Michele Weiner-DavisFor customer service regarding your subscription—
such as renewals, address changes, and account status—
go to service.redbookmag.com or write to
REDBOOK, P.O. Box 6000, Harlan, IA 51593.

MORE COLORS MEAN MORE INSPIRATION



MORE FOR YOUR MONEY

- BIC Mark-It™ Permanent Markers can go without a cap for 2 weeks and not dry out*
- Ultra comfortable rubber grip
- BIC has 36 colors available in fine and ultra fine

Lunchables

Even da Vinci started somewhere.

Kids are full of potential. And unlocking it starts with a great lunch.
Now LUNCHABLES has mandarin oranges for a full serving of real fruit.

it doesn't get better than this



1 serving = 1/2 cup fruit. Each DOLE Fruit Bowls® 4-oz cup provides 1/2 cup fruit towards the 2 cups recommended a day according to MyPyramid and the US Dietary Guidelines. Please visit kraftfoods.com and MyPyramid.gov for more information. Dole and Fruit Bowls are registered trademarks of Dole Food Company, Inc.

REDBOOK

loveyourlife

Vice President, Publisher Mary E. Morgan

ASSOCIATE PUBLISHER Chris McLoughlin

GENERAL MANAGER Elyssa H. Rubin

VICE PRESIDENT, GROUP CONSUMER MARKETING DIRECTOR Rick Day

EXECUTIVE DIRECTOR, INTEGRATED MARKETING Robyn Mait Levine

ADVERTISING SERVICES MANAGER Melissa Gart

Advertising Sales

NEW YORK (300 W. 57th St., New York, NY 10019; 212-649-3330)

NEW YORK DIRECTOR Andrew Weicker

ACCOUNT DIRECTORS Jackie Bodner, Katie Bohan, Amy Smith

EXECUTIVE BEAUTY DIRECTOR Eve Bercovici

DIRECTOR, DIRECT RESPONSE Christine Hall

SENIOR ACCOUNT MANAGER, DIRECT RESPONSE Michael Rohr

EXECUTIVE ASSISTANT Kerriane Sullivan

INTEGRATION ASSOCIATE Harris Kratka

BRANCH OFFICES

MIDWEST DIRECTOR Katie Demetriou

MIDWEST ACCOUNT DIRECTORS Jennifer Furibondo, Laura Serge

INTEGRATION ASSOCIATE Heather Muth

(1 S. Wacker Drive, Chicago, IL 60606; 312-984-5180)

WESTERN DIRECTOR Erika Muhlfeld

INTEGRATION ASSOCIATE Ashley Andrews

(3000 Ocean Park Blvd., Santa Monica, CA 90405; 310-664-2960)

NORTHWEST REPRESENTATIVE Courtney Roberts

(921 Butterfield Road, San Anselmo, CA 94960; 415-524-8665)

DETROIT REPRESENTATIVES Colleen Maiorana, Joan Cullen

(418 W. 5th St., Suite C, Royal Oak, MI 48067; 248-546-2222)

SOUTHEAST REPRESENTATIVE Sarah Wiley

(3340 Peachtree Road, Tower 100, Suite 1550, Atlanta, GA 30326; 404-256-3800)

SOUTHWEST REPRESENTATIVE Lucinda Weikel

(4217 Camden Ave., Dallas, TX 75206; 214-824-9008)

Creative Services

CREATIVE SERVICES DIRECTOR Alison Friedman

CREATIVE DIRECTOR Amy Dorf

ASSOCIATE PROMOTION DIRECTOR Lisa M. Iommarini

SENIOR MARKETING MANAGER Candie L. Patterson

SENIOR PROMOTION MANAGER Morgan Brooks

INTEGRATION MANAGER Joanne Ko

INTEGRATION ASSOCIATE Lauren Williams

Production

GROUP PRODUCTION DIRECTOR Karen Otto

GROUP PRODUCTION MANAGER Chris Hertwig

ASSOCIATE PRODUCTION MANAGER Tina S. Wilkinson

Research

RESEARCH MANAGER Tina Giberti

Published by Hearst Communications, Inc., a unit of the Hearst Corporation

VICE CHAIRMAN AND CHIEF EXECUTIVE OFFICER Frank A. Bennack Jr.

CHAIRMAN George R. Hearst Jr.

Hearst Magazines Division

CHAIRMAN Cathleen P. Black

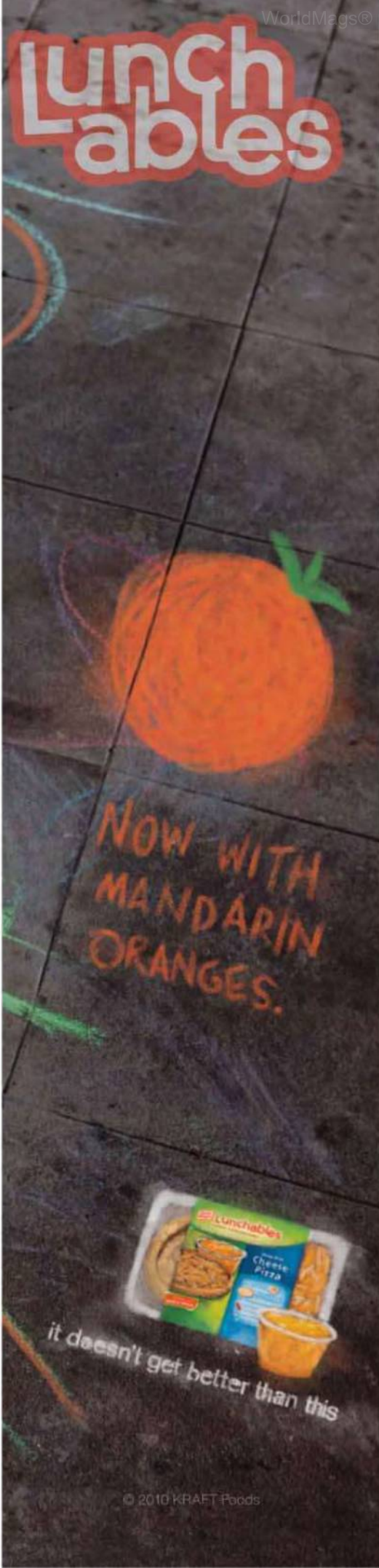
PRESIDENT David Carey

PRESIDENT, MARKETING AND PUBLISHING DIRECTOR Michael Clinton

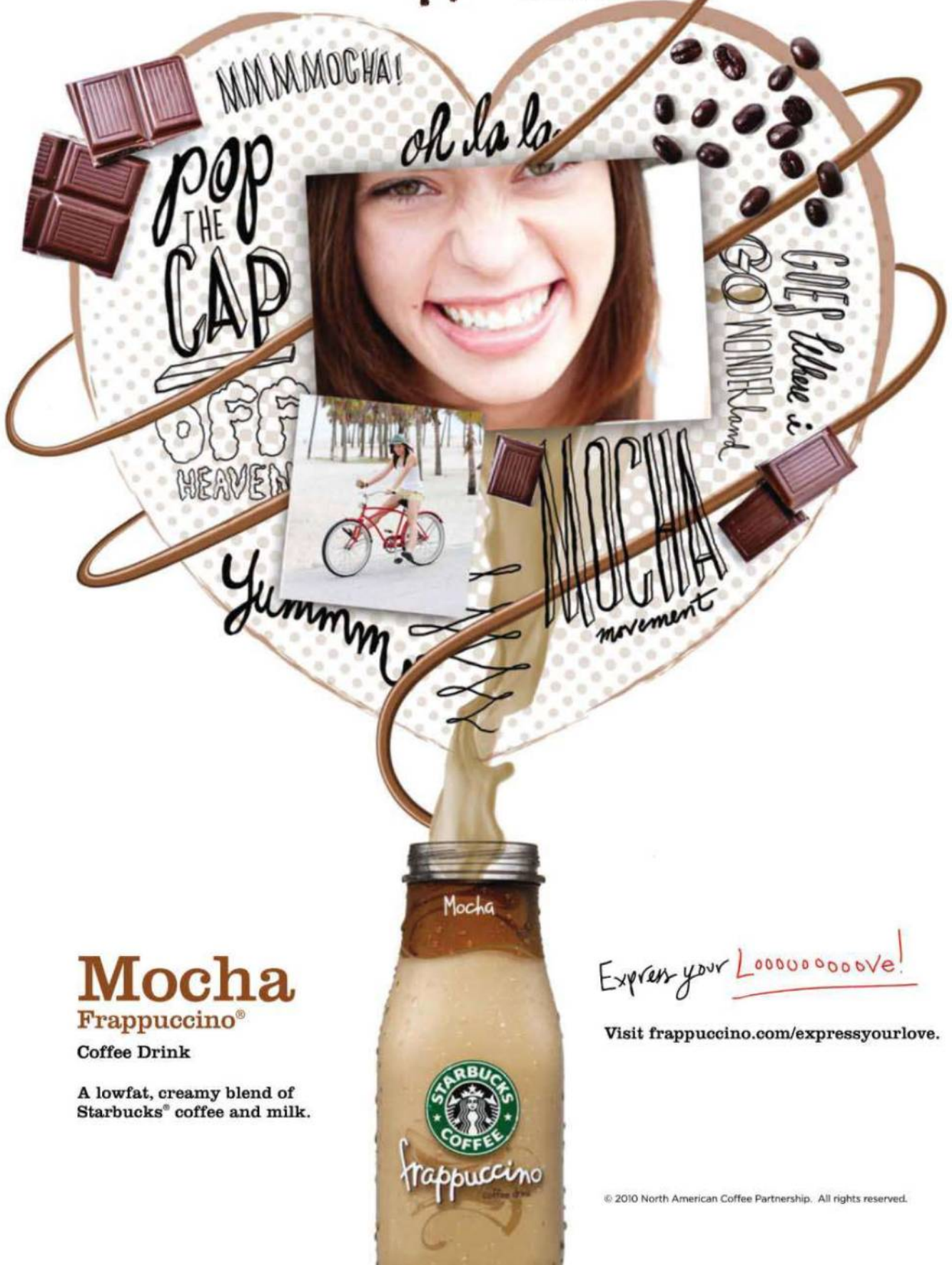
EXECUTIVE VICE PRESIDENT AND GENERAL MANAGER John P. Loughlin

EDITORIAL DIRECTOR Ellen Levine

PUBLISHING CONSULTANTS Gilbert C. Maurer, Mark F. Miller



TRY the
wherever-you-want-it
frappuccino[®]
coffee drink



Mocha Frappuccino[®]

Coffee Drink

A lowfat, creamy blend of
Starbucks[®] coffee and milk.

Express your Loooooooooove!

Visit frappuccino.com/expressyourlove.



SPEED DIAL

NIGEL BARKER FROM AMERICA'S NEXT TOP MODEL

You probably know the model-turned-photographer best as *ANTM*'s distractingly gorgeous judge. In his new book, *Nigel Barker's Beauty Equation*, he tells us that the key to beauty—and to taking a great photograph—is confidence. We asked him for fast ways to boost ours.

REDBOOK So how can we all believe in ourselves more?

NIGEL BARKER Find confidence through compassion. Helping others makes you feel better about yourself. Just hold the door for someone or, on a larger scale, volunteer in a soup kitchen. You'll stand up a little taller.

RB Is there anything you do on set to give your models a quick injection of confidence?

NB Here's a trick I use with models and actresses: Imagine you're an Olympic athlete and you've just won a medal. You've worked so hard to get to this point. You're on the podium, the national anthem is playing, and your flag is rising. Just thinking about how proud you'd feel right then will make you sit up straighter and puff up your chest. Now go out and get your medal—whatever that may be.

Just In Time

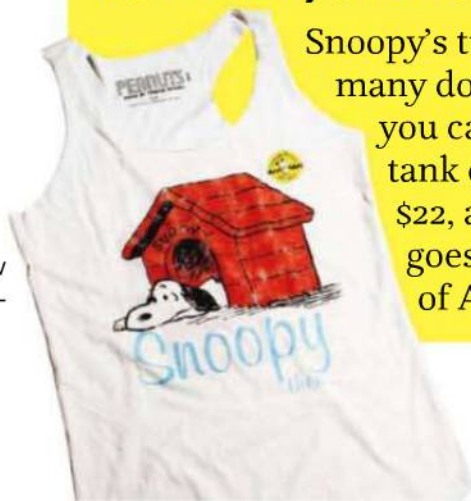
How to make the most of every moment



YOUR TIME IS UP THE LOHAN CLAN

What a happy little family: Lindsay sues E-Trade and turns her alcohol-monitoring bracelet into a fashion statement; mom Dina gets Lindsay and Ali's Carvel "black card" revoked after abusing the privilege of free ice cream; dad Michael fame-whores at every opportunity. We've long hoped the Lohans would take an extended family vacation from the spotlight. Does a three-month stint for Lindsay in Los Angeles county jail for probation violation count? For her sake and ours, let's hope she spends more time behind bars than the 84 minutes she served in 2007 for the original drug and DUI charges.

BUY A TEE, CHANGE THE WORLD



Snoopy's turning 60! (Geez, how many dog years is that?) In celebration, you can purchase a vintage-inspired tank or tee at welovefine.com for \$22, and a portion of every sale goes to benefit Boys & Girls Clubs of America.



Just In Time

IT'S 2 P.M.: TIME TO TAKE A NAP

Ever notice how sleepy you feel in the early afternoon? That's because your core temperature is dipping due to your body's natural rhythms, signaling that it's time to sneak in a quick snooze. Even if you're feeling well rested (um, do these people really exist?), a nap can help you function better: A NASA study found that just 26 minutes of rest improved pilots' performance by 34 percent. Grab some shut-eye if you can, even if the only thing you're piloting is a minivan to soccer practice.



READER'S TIME- SAVING TIP



"When I unload the dishwasher, I set the table with those dishes. It skips putting them away, and the table looks nice awaiting dinner!"

KAREN KLINK HOLMAN,
SACRAMENTO, CA



SHAPE-UP SHORTCUT

FASTEST BELLY-FLATTENER EVER

Ever see a picture of Gwyneth Paltrow or Shakira and think, *How the heck is her tummy so flat?* Well their trainer, Tracy Anderson (at right), told us, "Conventional crunches won't do it. You need to get at the tiny muscles around your abdomen, as well as the larger muscle groups." Try the Cross Crunch, from her new book, *Tracy Anderson's 30-Day Method*. Start with one set of 10 and work up to four sets of 20, three times a week.

1 Lie on your back with legs straight, feet about two feet apart, toes pointed, hands lightly placed behind your head.

2 Crunch up, lifting your head and shoulders off the ground a few inches as you move your right leg over your left, crossing at the ankle, as shown. Lower back down and return to start position, then repeat on the other side, crunching up and crossing your left leg over your right.



TIME SHAVERS

DO LESS LAUNDRY

■ **Know the language:** Decode those confusing symbols on clothing labels (what is that little triangle, anyway?) in a jiffy by posting a fabric-care guide in your laundry room, says Julie Edelman, author of *The Ultimate Accidental Housewife: Your Guide to a Clean-Enough House*. You can find one at instituteoffabricscience.org.

TIME SHAVED: 00:10

■ **Stock up to cut down:** Make sure your family has enough socks and underwear to last a full week. "That's one of the main reasons you do laundry," Edelman explains. Also, wear sturdy garments (like jeans and sweat-shirts) more than once between washes and you'll eliminate as much as a full load a week.

TIME SHAVED: 1:00

■ **Pre-treat on site:** The sooner you treat stains, the more quickly and easily they'll come out (no rewashing later!). Download myStain, Clorox's mobile-phone app, for on-the-spot stain-removal advice.

TIME SHAVED: 00:10

■ **Get the message:** Easily identify stains in a heap of dirty laundry by having your family tie a knot in the sleeve or pant leg of the affected garment, suggests Clorox senior scientist Mary Gagliardi. While they're at it, also have them turn their clothes right side out and unball all socks before tossing them in the hamper.

TIME SHAVED: 00:15

**TOTAL TIME
SHAVED: 1:35**



NEW STYLES. NEW SLIMMING. NEW LEE.

Lee Instantly Slims You Jeans.
Now in **New** Classic Fit and
Slender Secret Fit.

The Lee logo consists of the word "Lee" in a white, stylized, sans-serif font with a registered trademark symbol (®) to the upper right, set against a black rectangular background.

Get What Fits.

The logo features a pink ribbon icon to the left of the word "Lee" in a bold, sans-serif font. Below "Lee" are the words "NATIONAL DENIM DAY" in a smaller, all-caps, sans-serif font.

Available at Kohl's® and Kohls.com/lee



Just In Time

FAST (BUT SPECIAL) FALL MAKEUP

Start with sexy, silvery eyeshadow, and the rest takes only a second. Why silver? It's fresh this season, looks great on all skin tones, and reflects light to make you look more awake! Here's how to play with it for day or night.



FOR DAY

A light hand will keep this look casual even first thing in the a.m. Curl your lashes and apply one coat of black mascara. Then use your pinkie to apply a creamy silver eyeshadow (such as Bare Escentuals Buxom Stay-There Eyeshadow in Chihuahua, \$17) onto just the center of your lid, into the crease, and halfway to your brow. Finish with a pink lipstick, like Shiseido Perfect Rouge in Divine, \$25 (on our model). You're done!



FOR NIGHT, JUST ADD

1. A little brow pencil, to define your brows from the arch outward. Try It Cosmetics Brow Power Universal Transforming Eyebrow Pencil, \$24. **2. Black liquid eyeliner**, from the inner corner of your eye all the way out, with a little flip up at the end. The trick to the flip is to start angling slightly upward just before you get to the outer corner of your eye. Then fill in the corner by drawing from the end back to the base of your lashes. Try Bourjois Liner Feutre Eye Liner in Noir, \$13, an easy-to-use felt-tip liquid liner. **3. More of that Bare Escentuals Buxom shimmery shadow**, focusing the intensity at the inner corners of your eyes. Don't worry about blending; just pat the cream on lightly, then let the heat of your skin blend and soften the edges. **4. A nude lip gloss**, on top of the pink lipstick. You don't want your lips to compete with your eyes, but you do want a nighttime shine. Try Mary Kay Liquid Lip Color in Malted, \$13.



Salon Manicure Made Simple.

Finally, all 5 steps of a salon manicure in 1 bottle.

NEW



- ✓ Base Coat
- ✓ Strengthener
- ✓ Growth Treatment
- ✓ Color
- ✓ Top Coat

9 out of 10
Salon professionals
preferred our formula
to the leading
salon brand.

With patented
Vita-Care Technology
for advanced wear, more
shine, and nourishing care.

42 Salon-Inspired Shades

Go to:
completesalonmanicure.com
and "try them all" with our
exclusive Shade Selector.

Sally Hansen
Beauty that Works

MAKE YOUR OWN CORKBOARD

TOOLS YOU'LL NEED



Frame
(Recycle a flea-market find or get a 16x20-inch picture frame from a craft store for under \$20.)



X-acto knife



Roll of adhesive-backed cork (from Staples or your local craft store)



Krylon multisurface spray paint (Tip: If your frame has a lot of texture, it's just as easy to paint it using a sponge brush and a sample-size jar of semi-gloss latex paint.)



Supply-store corkboards are boring-looking and annoyingly expensive. Assemble this totally unique version yourself for less than half the price.

HOW-TO'S



STEP 1

Remove backing, cardboard, paper, and glass from frame.



STEP 2

Unroll the cork and lay it flat. Use the glass as your template, placing it on top of the cork, flush with the edge. Using the X-acto knife, cut the cork along the edge of the glass. Set cut cork aside, leaving glass on top of it to flatten it out while you paint the frame.



STEP 3

Starting at one corner of the frame, hold paint can about six inches from the surface and spray in sweeping motions from side to side. Wait 5 minutes between coats. (Use two or three coats.) Let dry for two hours, then pop in cork, cardboard, and backing. All done!

redbook notebook

what's new, noteworthy & now

september

REDBOOK'S ONE STOP SHOP IPHONE APP

What are we loving right now? Our new app, **One Stop Shop**, has our editors' picks for the coolest trends and hottest buys of the week. See something you like? This app doesn't just bring you the best of the best in fabulous products, it also tells you exactly where you can buy them!

REDBOOK's One Stop Shop—fashion finds, beauty must-haves, home essentials, great giveaways, and more are all at your fingertips. Visit the App Store on your iPhone now.



FAMILY VALUES

Jump-start the fall season with these great products brought to you by Thematics and REDBOOK. Whether you're sending the kids back to school with action-packed lunches, or tidying up the dining room for a potluck dinner among friends—we're here to help!

With the cool weather comes more time to cozy up on the couch with your family and enjoy some sweet treats. So, indulge in your favorite baked goods or quick snacks that are sure to bring out some smiling faces.

Find out more at www.funfamilyextra.com!



COVERGIRL

COVERGIRL Clean lets your skin breathe, goes on easily, and blends perfectly, so the world doesn't see makeup—just the look of great skin. Made with lightweight ingredients that won't clog pores, COVERGIRL Clean is available in normal skin, oil control, and sensitive skin formulas. Visit www.covergirl.com to get ColorMatched.



Get a Free Gift!

Purchase COVERGIRL Clean and complete your look with this must-have fall accessory! To receive your free scarf, simply send your receipt, name, and address to REDBOOK, 300 W. 57th Street, 22nd fl, NY, NY 10019, Attn: COVERGIRL.

Sponsored by Hearst Communications, Inc. Receipts must be received between 8/24/10 and 9/20/10. While supplies last. As soon as the last eligible entry is received. Sponsor will post a notice on redbookmag.com/rboffers. Must be 18 years or older and a resident of the 50 United States and District of Columbia. Void where prohibited by law. Limit one entry per household.

GET THE STAR TREATMENT YOU DESERVE!

Enter for the chance to win the ultimate VIP trip to Hollywood, courtesy of L'Oréal Paris. One lucky grand prize winner—and a friend—will be treated like A-listers, with a prize package that includes:

- Deluxe weekend accommodations
- Dinner at a trendy Hollywood eatery
- A \$500 shopping spree
- Swag bag packed with L'Oréal Paris products and more!

Try your luck today at

www.redbookmag.com/lorealvip.

L'ORÉAL® PARIS

BECAUSE YOU'RE WORTH IT.™

No purchase necessary to enter or win. L'Oréal Paris VIP Sweepstakes sponsored by Hearst Communications, Inc. Beginning 8/24/2010 at 12:01 am (ET) through 9/20/2010 at 11:59 pm (ET) enter at redbookmag.com/lorealvip. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States or the District of Columbia who has reached the age of majority in his or her state of residence. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/lorealvip.

4 CUSTOMIZED HAIR SOLUTIONS— FIND YOURS TODAY!

Pantene laboratories have uncovered hair's 4 unique structural identities—Fine, Medium to Thick, Curly, and Color-treated—and created custom formulas to work with them. Introducing NEW Pantene customized hair care products that are based on your unique hair structure to make the hair you love last and last.

Discover all 4 customized systems and find your solution at

www.pantene.com/productfinder.



IS IT POSSIBLE TO CRAVE WELLNESS?

Quaker® Dark Chocolate Mocha Hazelnut Café Squares are a good source of iron and calcium. And Wild Blueberry-Flavored Multigrain Fiber Crisps have 17 grams of whole grains and are a good source of fiber. They're a wholesome choice you'll actually crave. Visit www.quakerricesnacks.com for your Quaker® Rice Snacks coupon.



15-MINUTE MEALS

2 quick ways to do chicken breasts (that you've never tried before)

Start with 4 (5-oz) boneless, skinless chicken-breast halves



1 large egg



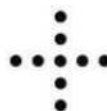
1 tsp roasted ground cumin



1 cup Italian-style panko breadcrumbs



3 Tbsp olive oil



¼ cup hoisin sauce



3 Tbsp canola oil



1 Tbsp each grated fresh ginger, honey, and soy sauce

CRISPY CHICKEN

1. Whisk egg and cumin in a medium bowl. Spread bread-crumbs on a sheet of wax paper, dip chicken into egg mixture, then coat in breadcrumbs.

2. Heat oil in a large nonstick skillet over medium heat. Cook chicken 10 minutes, turning every few minutes until crisp.

3. Serve chicken with a salad of tomato, avocado, and red onion drizzled with a little more olive oil and fresh lime juice.

Makes 4 servings. Each serving: 312 cal, 15g fat, 32g protein, 11g carb

STICKY CHICKEN

1. Whisk hoisin sauce, 1 Tbsp of the canola oil, ginger, honey, soy sauce, hot red chili sauce (sriacha), and garlic in a large bowl. Add chicken to mixture in bowl and toss.

2. Heat remaining oil in a large nonstick skillet over medium heat. Add chicken; cook 10 minutes, turning once, until cooked through. Serve with steamed bok choy and rice.

Makes 4 servings. Each serving: 309 cal, 14g fat, 30g protein, 14g carb



2½ tsp hot red chili sauce



1½ tsp minced garlic



ROAD TO POSITANO



SPAGHETTI

I ALWAYS IMAGINED HEAVEN WAS HIGH ABOVE THE CLOUDS.
 Now I realize
 IT'S JUST SOUTH OF SORRENTO.

We traveled through steep cliffs lined with lemon groves and grape vines until we reached Positano. In the middle of town we discovered a small restaurant bustling with activity. Intrigued, I asked the server how they'd become so popular. She smiled and pointed to a shelf filled with Barilla pasta.

www.DiscoverBarilla.com

Barilla Spaghetti with clams

Ingredients

Barilla Spaghetti	1 box
Fresh little neck clams	Approx 50
Garlic	2 cloves
Red pepper flakes	1/2 tsp
Extra virgin olive oil	6 tbsp
Dry white wine	1/2 cup
Fresh Italian parsley	1/2 cup
Crushed tomatoes	1 28 oz can
Sea salt	To taste

For the complete recipes visit
DiscoverBarilla.com

The Choice of Italy.



EASIER, BETTER, FASTER

This month's good-to-know tips for your home, your wallet, and your sanity.

Get in free!

Make sure you keep your family's schedule open on Saturday, September 25: As part of Smithsonian magazine's annual Museum Day, **hundreds of participating museums and cultural institutions nationwide will open their doors free of charge to visitors with a Museum Day ticket.** Download yours at smithsonian.com/museumday, then mark your calendar!



Know for sure: "Is this milk still good?"

When food passes its expiration date, do you take the risk? At stilltasty.com, you can find expert advice and lots more can-I-eat-it? wisdom.

- **Milk** will keep in your refrigerator one week past the sell-by date.
- **Eggs** stay fresh for three to five weeks after purchase. (Keep the carton in the body of the fridge, not on the door, to ensure they stay cold and fresh.)
- **Bananas** can be stored in the refrigerator for up to five days. Their skins will turn brown, but the fruit will stay fresh.
- **Bread** should be stored on the counter for up to a week. (Storing bread in the refrigerator causes it to become stale faster.)
- **Steaks and ground beef** that have turned brown but have been in the fridge for less than five days are safe to eat (and just as tasty).

Tailor your pants at home

Wish your favorite jeans were long enough to wear with heels *and* short enough for flats? Try Style Snaps by Hemming My Way (hemmingmyway.com); the **adhesive snap hems** let you adjust the length on your pants, and they can be reused. Now we'll really live in our jeans.

FIND OUT HOW YOU MEASURE UP

The average 35-year-old woman has had five cavities, can do nine push-ups, owns 23 pairs of shoes, wears a B-cup bra, and has sex six to seven times a month (if she's married). Want to know more? At stackmeup.com, you can compare yourself with others in your demographic in more than 100 categories, including health, wealth, and income. Go right now to find out if you're making as much money as other women in your field!

Psst, click here for cheap prescriptions

It's great if you and your doctor find a generic drug that works for you—they can often cost 80 percent less than brand-name prescriptions. But not all pharmacies carry every generic. At medtipster.com, enter your drug name and zip code and the site will find a pharmacy in your area that offers the generic drug you need.



LET YOUR DAUGHTER DESIGN HER CLOTHES (FOR REAL!)

She'll really love you for this—and you won't go completely crazy trying to please her during back-to-school shopping: Go to fashionplaytes.com, where girls 5 to 12 can design their own dresses, tanks, tees, and skirts. They can even add a personalized label featuring the name of their "line." The custom designs ship within three weeks and start at \$12.



8:00am

4:00pm

8:00pm

can your volume
pass the 4 o'clock flop test?

NEW Pantene. Flat to Volume system.* Put it to the test and see your volume last all day. Pantene found that fine hair has up to 50% less protein** and custom designed a system to give it the power to **STAND UP STRONGER, STAY FULL LONGER.**†

*For all day volume: Flat to Volume Shampoo & Conditioner, Root Lifter Spray+Gel and Lasting Volume Hairspray.

**vs. thick hair.

†System vs. Shampoo and Conditioner.

PANTENE PRO-V
HEALTHY MAKES IT HAPPEN

Find your solutions at pantene.com



Fine

Redbook readers live life to the fullest and want their hair to do the same. "Fine hair is highly flexible and can have difficulty holding a style," explains **Jeni Thomas, Ph.D.**, senior scientist at Pantene. Plus, it's easily weighed down by product buildup. **NEW PANTENE PRO-V'S FINE HAIR SOLUTIONS FLAT TO VOLUME SYSTEM** removes the dulling buildup that works against lift AND strengthens against damage to provide healthy-looking shine.

“My hair had volume throughout the day and didn't go flat!”
—REDBOOK READER

Up Close & Personalized

4 CUSTOM SOLUTIONS. WHICH IS YOURS?

FINE HAIR FACT:

Fine hair has 50% less protein than thick hair, making it prone to fall flat. But strong-hold polymers in **NEW PANTENE PRO-V'S FINE HAIR SOLUTIONS LASTING VOLUME HAIRSPRAY** lift fine hair's structure for targeted support.

Curly Hair

This type of hair fiber has more curvature and volume—which, Thomas notes, makes it harder to tame. The **NEW PANTENE PRO-V'S CURLY HAIR SERIES DRY TO MOISTURIZED SYSTEM** is especially designed to define curls and control frizz.



The four o'clock flop. The big-hair blues. *Redbook* readers have as many hair issues as hairstyles. But knowing your hair's unique structure is the first step in revealing its true beauty. That's why Pantene devised 4 customized solutions designed to work with your hair's unique structure: **Fine**, **Medium-Thick**, **Curly** and **Color-Treated**. Here,

readers' own words—and Pantene's own labs—show that you can transform the hair you have to the hair you want.

GREAT HAIR'S CLOSER THAN YOU THINK.

Pantene's laboratories have uncovered hair's 4 unique structural identities and 4 custom solutions to work with them. Which one's yours? Their color-coded system above makes finding it easy.

Medium-Thick

"The look lasted all day, and my hair was still looking good the next day. I loved it," raved one *Redbook* reader. Dr. Thomas gets to the root of the raves, explaining that **NEW PANTENE PRO-V'S MEDIUM-THICK HAIR SOLUTIONS FRIZZY TO SMOOTH SYSTEM**** is specifically designed to tackle medium hair's unique challenges. "Medium-thick hair absorbs up to 40% more moisture than fine hair, making it more prone to frizz. Plus, it's less flexible, which can lead to fraying from brushing." Pantene science tames the frizz, delivering smooth results—even into the second day—thanks to polymers that help smooth the hair cuticle and lock out humidity.



MEDIUM-THICK HAIR FACT:

Medium-thick hair's overlapping cuticle layers make it prone to damage. **NEW PANTENE PRO-V'S MEDIUM-THICK HAIR STYLE STRAIGHTEN & SMOOTH CRÈME** has micro-smoothers that actually help polish cuticles and lock out humidity.

“It actually worked! My hair looked smooth all day long!”
—REDBOOK READER

88% OF *REDBOOK* SUBSCRIBERS who participated in a product test of the Fine and Medium-Thick solutions agreed that New Pantene delivers results that last all day.*

Color-Treated Hair

Are you a *Redbook* reader whose red hair goes dull? "Color-treated hair is porous and has a hard time holding color molecules," explains Dr. Thomas. **NEW PANTENE PRO-V COLOR PRESERVE SHINE SYSTEM** helps contain them AND add multi-dimensional shine.

**KNOW THE HAIR YOU HAVE.
GET THE HAIR YOU WANT.**

Discover all 4 customized solutions—and find yours—at Pantene.com/ProductFinder.

*At P&G's request, *Redbook* and Pantene collaborated to conduct a research study among 751 *Redbook* opt-in subscribers, who received free product for a 1-day trial of the Pantene Fine Hair Solutions Flat to Volume Shampoo & Conditioner, Root Lifter Spray Gel, and Lasting Volume Hairspray or Pantene Medium-Thick Hair Solutions Frizzy to Smooth Shampoo & Conditioner, Straighten & Smooth Crème, and Anti-Humidity Hairspray. Number signifies those agreeing or strongly agreeing with statements about the Pantene system they tested.

**Second-day smooth: Frizzy to Smooth Shampoo & Conditioner, Straighten & Smooth Crème, and Anti-Humidity Hairspray.



Tantalizing fragrance



With its unique Silky Fragrance Infusion,[™]
Caress® Body Wash blends triple silkening moisturizers
with exquisite fragrance. Giving you soft, scented
skin that will tantalize the senses like no other.

©2010 Unilever



StyleScoop

Irresistible ideas for looking great

REDBOOK
readers get
20 percent off
this dress!
Enter code REDBOOK
at checkout.



Trend Flash Go (slightly) wild

Quiet colors and sleek shapes make the new animal prints ladylike, not cat woman. Try one!

Spotted sheath Silk Gazar printed dress, Rickie Freeman for Teri Jon, \$320; teriion.com. **Burst of sparkle** Ray of Light pin, Roberta Chiarella, \$78; roberta-chiarella.com. **Skinny cincher** Leather belt, Badichi Belts, \$70; badichibelts.com for store info. **Pumps with polish** Adele heels, Yellow Box, \$80; zappos.com.



Everything else can be basic if you work in a playful print. Sarah Jessica Parker and Denise Richards demonstrate.

Want a low-key way to dabble in the trend? Add one of these animal-print pieces to a simple outfit. Purrfect.



Moody Jaguar cardigan, Ann Taylor, \$78; anntaylor.com.



Corsage flats, Boden, \$128; bodenusa.com.



Leopard-print scarf, Affordable Scarves, \$12; affordablescarves.com.

Classic Zebra Print Mini bag, Handbag Heaven, \$30; handbagheaven.com.





TAKE 5 Fixes for surprise break-out season

It's right now: September brings skin problems because summer sun exposure thickens your skin's top layer, clogging pores and promoting pimples. But these products solve all!

1. WASH WITH... mandelic acid, an antibacterial alpha-hydroxy acid found in Therapy Systems Treatment Cleanser for Problem Skin, \$36. It exfoliates dead skin while washing away pimple-causing bacteria. **2. ERASE EVERY TRACE** of pimples—and the dark spots they leave behind—with Neutrogena Rapid Clear 2-in-1 Fight & Fade Toner, \$7, with salicylic and glycolic acids. **3. TRY HEAT:** Zeno Heat Treat, \$40, combines an oil-penetrating salicylic-acid serum with a heat and massage tool to cut through oil faster. **4. DO A CLASSIC CLAY MASK**, like Boots's best-selling Botanics Conditioning Clay Mask, \$9, which draws out oil to keep pores clear. **5. SPOT TREAT** Old-school benzoyl peroxide blasted zits by peeling and drying them out; Sonia Dakar Acne Zero, \$45, has a time-release benzoyl-peroxide formula that's more gentle—but still gets rid of the suckers.

We approached peace of mind from every point of view. Especially above.

When parking, how sure are you that there's nothing behind you? To the side of you? Or around you?

With the world's first Around View™ Monitor*, standard in the all-new Infiniti QX, you can be more confident.

It works by creating a virtual 360-degree, bird's-eye view of your surroundings. Now parking is easier than ever. This is inspired performance. This is the way of Infiniti.



See an Around View™ Monitor demonstration at InfinitiUSA.com.

 Shodo art by Masako Inkyo



INFINITI.

Inspired Performance™

*The Around View™ Monitor is a parking aid and cannot completely eliminate blind spots or warn of moving objects. Always check your surroundings before moving the vehicle. Always wear your seat belt, and please don't drink and drive. ©2010 INFINITI.



Beauty List

8 amazing products to check out now.

1 PREPPY GLAM

As classic-chic as its trench coats, Burberry's new makeup line includes these rich-colored "Lip Covers," \$30 each.

2 TAKE DOWN THE SHIMMER

Summer bronzer too sparkly now? Laura Geller Shimmer Down Mattifying Powder, \$36, turns glittery makeup matte.

3 EYE (SHADOW) OF THE TIGER

Fierce shades with a soft side: Five percent of the proceeds from Chantecaille's Tiger in the Wild Palette, \$78, goes to save wild tigers.

4 HAIR THERAPY

Resuscitate summer-fried hair with highly hydrating Rusk Deepshine Lustre, \$15.

5 SHOWGIRL LASHES

The spoon-shaped wand of Maybelline the Falsies by Volum' Express mascara, \$8, hugs and fans out lashes for mega-drama.

6 PEARLY GLOW

Add pinky-gold highlights to your cheeks and instantly look less tired. Try Benefit Girl Meets Pearl, \$30.

7 A NEW WAY TO SMELL SEXY

Hervé Léger Femme eau de parfum spray, \$34, has the same smoldering vibe as the designer's slinky, body-hugging dresses—but you can actually eat while wearing it.

8 ALL-OVER DREAM CREAM

Botanical-rich Steamcream, \$18, a face and body moisturizer, sinks right into skin.



So chocolatey. So creamy. So delicious.

hellojell-



[Facebook.com/jello](https://www.facebook.com/jello)

**B.Y.O.B.**

If you go to a salon, consider bringing your own bottle of polish. Nail salons notoriously add thinners to extend the life of old enamel, which can change the color and cause bubbling and peeling, says Jane Park, creator of Julep Nail Parlors in Seattle. Generally, when stored in a cool, dark place, your polishes should last at least a year. **One cool color to try:** OPI Nail Lacquer in Ski Teal We Drop, \$8.50, a deep sea blue we love for fall.

**TIP #2****DEHYDRATE THE NAIL**

"If there is residue [moisturizer, oil, water, etc.] on your nails, it will prevent polish from adhering," says Essie Weingarten, founder of Essie Cosmetics. Before polishing, wipe nails with lint-free cotton pads and an acetone-based cleanser.

Try: Essie Nail Pads, \$10, and CND ScrubFresh Nail Surface Cleanser, \$22.

Yes, your manicure can last **10** days!

It's possible with our "Wow, I never knew that" tricks. Use them to get the longest-lasting mani of your life. By Krista Bennett DeMaio

"I'D PUT THIS ON
PAR WITH A
SALON BRAND"



Suave Professionals Almond & Shea Butter haircare
is salon proven to moisturize as well as salon brands.*
Rethink salon hair.

Style Scoop

**TIP
#3**

APPLY A STICKY BASE COAT

Some nail techs file across nail beds before polishing, roughing them up so the lacquer clings better, but this can do real damage. Instead, use a base coat that feels a little tacky when dry; it grips polish better. **Try:** Borghese Magnetico Adhesive Base Coat, \$9.



**TIP
#6**

AVOID HEAT FOR 12 HOURS AFTER

While it might feel dry to the touch, your polish can take up to 12 hours to fully harden and "cure," Park says. (That explains those sheet marks you woke up with, even though your polish seemed dry before bed.) Heat can interfere with the curing process, so hold off on washing your hands with hot water and blowing on your nails (your breath is warm), and steer clear of hot yoga, saunas, and hot tubs.

**TIP
#4**

SEAL THE "FREE EDGE"

"The base coat, nail polish, and top coat should be applied across the free edge—that is, the part of the nail that's been clipped or filed," Park says. This quick trick alone can help double the life of your mani, protecting your nails from water damage that will cause polish to chip.

**TIP
#5**

FIX NICKS RIGHT AWAY

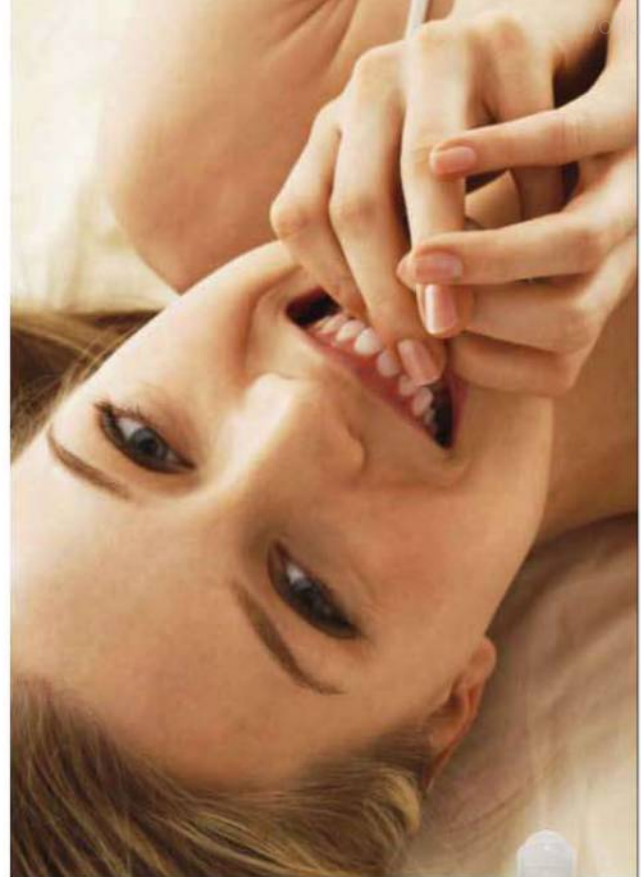
Nicking polish that's *almost* dry can lead to chipping later on. "Rub a little cuticle oil over a dent to smooth it out," Park says. A nail tech might do this with polish remover, but that move is better left to the pros. You don't want to take off too much polish.

**TIP
#7**

OIL YOUR NAILS DAILY

Nail and cuticle oil is the fastest way to get much-needed moisture into your nail bed, preventing peeling and splitting. Unlike traditional lotions and moisturizers, nail oils are formulated with ingredients such as vitamin E and jojoba oil that can

penetrate deep into the nail, beyond the layers of polish. Plus, perfumes and alcohol in many hand lotions can actually dry out your cuticles and crack your polish, Park says. **Try:** an oil like Julep Essential Cuticle Oil, \$9, twice daily.



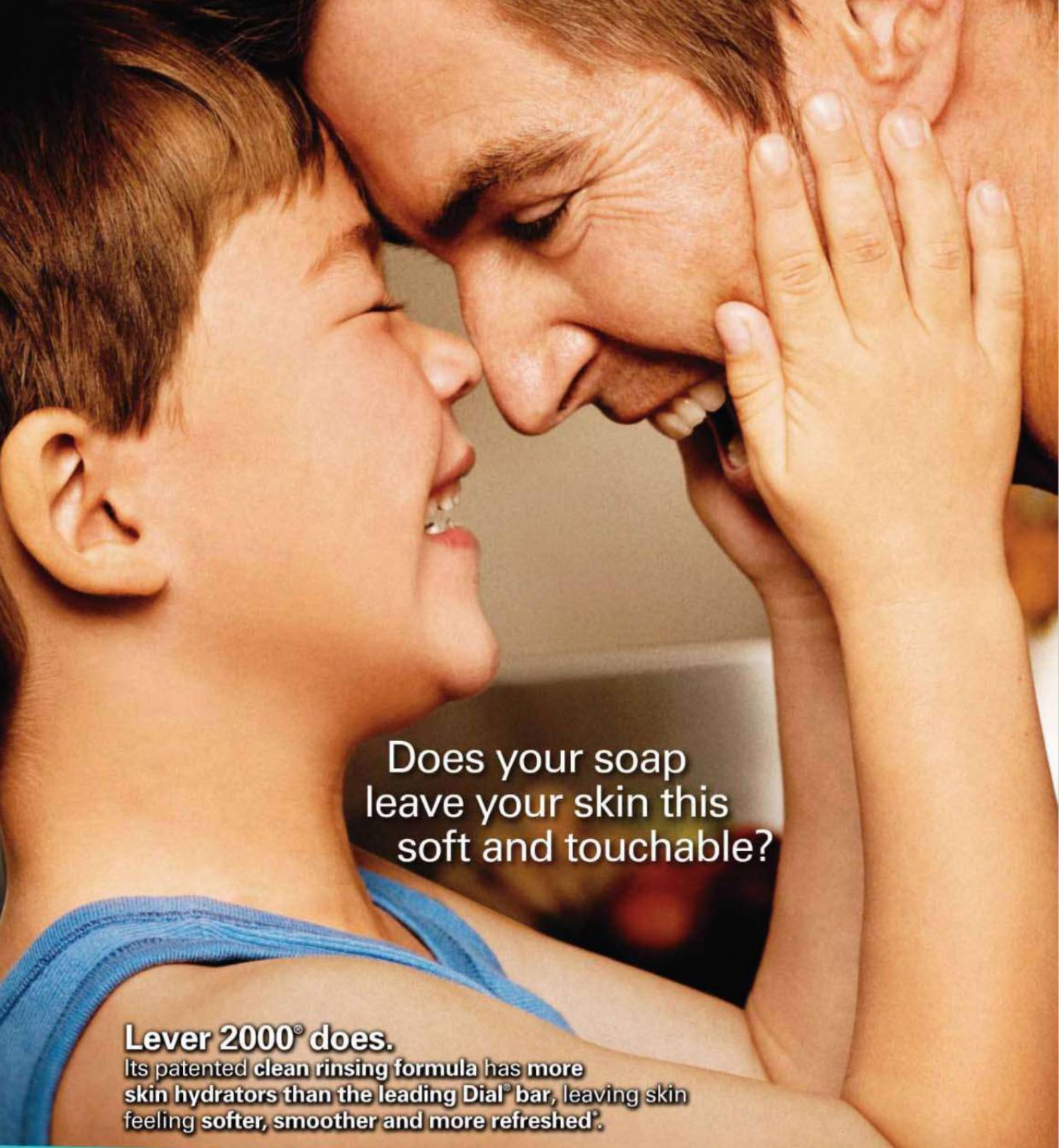
THE TWO-WEEK MANICURE? REALLY?

Let's face it: A manicure that lasts a full two weeks is a tall order (yes, even if you follow every tip on these pages), which is why our editors had to rush out and try new gel manis that boast 14 days of shiny, perfectly painted nails. We put two popular salon treatments to the test.

	HOW IT WORKS	COST	COLOR SELECTION	DID IT WORK?	REMOVAL PROCESS	PRO	CON
CND SHELLAC	CND Shellac looks and acts like regular polish, except that after each application (four coats total), the polish is cured under a UV lamp in a salon for up to two minutes.	It varies by salon, but on average, roughly twice the price of a regular manicure.	There are 12 shades in the line, ranging from pale pinks to deep jewel tones. CND plans to roll out 12 more next spring. Shown, far right: Fedora, Tropix, and Cream Puff.	For the first eight days, our tester's manicure looked shiny and flawless. But on the ninth day, it lost the battle against heavy-duty cleaning and began to chip (though it still had its shine).	The process takes 10 minutes at the salon. Each nail is enveloped in a "Shellac remover wrap," which keeps an acetone-soaked pad directly on the nail, minimizing contact with skin.	It takes as long as a regular manicure (about 30 minutes)—that includes drying time. Our tester marveled at the fact that she could immediately dig into her bag and pull out her keys.	It didn't last the full two weeks.
OPI AXIUM SOAK-OFF GEL LACQUER	OPI Gel Lacquer comes in small pots and is painted on. Like CND Shellac, after each coat, the OPI gel is hardened under a UV light in a salon.	It also varies by location, but expect to pay between \$30 and \$50.	All 34 shades are based on OPI best sellers. 	Yes! Our tester had no chips for two full weeks. But she did have obvious "roots" at the base of her nail from new nail growth.	The gel is soaked off (at the salon) in about 15 minutes.	We love the great color range in our favorite OPI shades, including, at left: Passion, Moon Over Mumbai, Strawberry Margarita, and Princesses Rule!	The mani takes about an hour, including nail prep, two coats each of base coat, enamel, and top coat, each followed by 1 to 3 minutes under the UV light.



MARILY FORASTIERI/GETTY IMAGES.



Does your soap
leave your skin this
soft and touchable?

Lever 2000® does.

Its patented clean rinsing formula has more
skin hydrators than the leading Dial® bar, leaving skin
feeling softer, smoother and more refreshed*.

Lever
2000®

BECAUSE
EVERY
TOUCH
COUNTS™



*Based on a blind study where consumers rated Lever 2000® bar significantly higher on skin feel attributes than consumers who tried the leading Dial® bar. Dial is a registered trademark of Pure and Natural company. ©2010 Unilever

lever2000.com

StyleScoop

Your **10** best

Michelle Yeoh



Anna Paquin

Jade cluster bib necklace, Carolee Lux, \$295; carolee.com. Marrakesh necklace, ShoptheLook.net, \$24; shopthelook.net.

Who cares about this one's new movie or that one's reality show—we're mostly loving celebs for their beauty and style ideas. Try these ASAP!

1 a statement necklace

WHY YOU'LL LOVE IT: A dramatic piece like this turns even a basic tee into an outfit. In fact, any simple top is the perfect blank canvas for a showstopping necklace. Our fave versions are chunky stones, multi-strand metallics, and mixed-media combos.

PAIR IT WITH: Slicked-back hair. As with the clothes, you want to keep hair simple. Apply gel to damp hair and blow-dry it smooth. Pull hair back and spray it into place.

**MISSED THE MARK**

We don't know where to look. Kellie Pickler's got the statement necklace, statement bracelet, statement dress. Sorry, Kellie, but you should kiss the other OTT extras good-bye.

2 winged eyes

Olivia Wilde



Nicole Richie



Elizabeth Banks

WHY YOU'LL LOVE IT:

Smoky shadow shades are always sexy—and the little sweep up at the corners is like an instant eye lift. To get the look, choose an eyeshadow palette with four shades: the lightest goes under your brow bone, next lightest is for your lids, the second darkest is your "wing" shade, and the darkest is your liner.

PAIR IT WITH: A nude lip so your eyes stand out (anything bolder would be a distraction).

RED CARPET to REDBOOK looks now

3 a long-sleeved cocktail dress

WHY YOU'LL LOVE IT: You can really nail sexy-chic while keeping all the bits and pieces you may not want the world to see under wraps. Women who like to cover their arms are going to be lining up for this, but sexy is still the goal, so do show some skin. The dress should hit just above the knee—and no stockings, please!

PAIR IT WITH:

Slinky, strappy heels and a glitzy clutch add happy style to a classically understated dress.



Cindy Crawford

MISSED THE MARK

Well, so much for keeping yourself covered. Poor Emma Roberts looks like she was attacked by a pair of scissors in this cutout number.

Wrap dress with eyelet grommet detail, Kenneth Cole New York, \$199; Kenneth Cole New York stores. Monique heels, Klub Nico, \$185; shopklub nico.com. Petite Glitter clutch, Forever 21, \$21; forever21.com.



L'Oreal Studio Secrets Professional Color Smokes eyeshadow quad in Blackened Smokes, \$7. Shiseido Makeup Luminizing lip gloss in Café Crème, \$22.



MISSED THE MARK

We usually love how Victoria Beckham pushes a look to the edge, but here the unblended shadow gets a little harsh.

L' O R



E

A

L[®] PARISSKIN-EXPERTISE[®]MICRO-PULSE
TECHNOLOGY

NEW

COLLAGEN
MICRO-PULSE™ EYE

TOTAL EYE CORRECTION SYSTEM

☒ DARK CIRCLES ☒ WRINKLES ☒ PUFFINESS
STEP 1: ANTI-WRINKLE + ANTI-DARK CIRCLE CREAM

Erasyl minimizes dark circles for brighter eyes.

Collagen smoothes away appearance of under-eye wrinkles and crow's feet.

STEP 2: ANTI-PUFFINESS MICRO-PULSE MASSAGER

Stimulate circulation with gentle micro-pulsations. Reduce puffiness and bags for rejuvenated eyes.

OPHTHALMOLOGIST TESTED.

Ready to use. Batteries included.



L'ORÉAL
PARIS
Because you're worth it™

Can I Help You find your perfect Collagen skincare regimen?
Go to lorealparis.com/canihelpyou



Style Scoop

4 a schoolboy blazer

WHY YOU'LL LOVE IT:

It's a joyous fashion moment when a trend is both polished and easy, as with this season's tailored blazer. Celebs make the look work with simple button-downs or tees and glam heels. We love a preppy plaid jacket with elbow patches and details like contrast trim—cuff the sleeves, pop the collar, done!

PAIR IT WITH: Slim jeans or cropped pants. Don't go too threadbare or baggy or the outfit will lose its sharp, crisp effect.

Wool blazer, Kenneth Cole New York, \$229; Kenneth Cole New York stores. Cotton shirt, Gap, \$55; Gap stores, gap.com. Navigator Cropped Military pants, The Pant by Joe's, \$132; joesjeans.com. PearlR flats, French Sole, \$175; French Sole, NYC, 212-737-2859, frenchsoleshoes.com. Wool Check blazer, Esprit, \$160; select Esprit stores, esprit.com. Roll Tab shirt, Tommy Hilfiger, \$40; Macy's stores, macys.com. Cargo leggings, Rich & Skinny Jeans, \$172; richandskinnyjeans.com. Belsima flats, Nine West, \$79; 800-999-1877 for store info.



Jennifer Hudson



MISSED THE MARK

The schoolboy blazer needs to be part of the outfit, not the whole shebang. We love Becki Newton's jacket, just wish she'd remembered to put on some pants!



Taraji P. Henson



Keri Hilson



Charlize Theron

Jemma Kidd Make Up School Blushwear Creme Cheek Colour in Pawpaw, \$17. Infiniti by Conair 1.5-inch Professional Nano Tourmaline ceramic curling iron, \$25.



5 the curly bob

WHY YOU'LL LOVE IT: These curls convey an instant softness and romanticism—plus, they do wonders for your cheekbones! All you need to create the ringlets is a wide-barrel curling iron. After curling each section, pull the bottom of the curl and stretch it out as it cools to loosen it up.

PAIR IT WITH: Natural-looking makeup, which goes with the casual vibe of twirly curls. Try a pretty peach on cheeks and lids for a monochromatic look.

MISSED THE MARK

The fact is, there's no way to look soft and natural when you're as blonde as Kristine Elezaj.



L' O R É A L PARIS

Introducing:
5 anti-aging benefits
in 1 luminous makeup.

NEW
VISIBLE LIFT®
SERUM ABSOLUTE

POWERFUL SERUM-INFUSED
AGE-REVERSING MAKEUP



5 PROVEN
BENEFITS*:

- ✓ Smoother
- ✓ Firmer
- ✓ Brighter
- ✓ Even
- ✓ Flawless



Get customized expert advice at
lorealparis.com/canihelpyou

Andie is wearing Visible Lift Advanced Age-Reversing Makeup in Sand Beige.
*Based on a 4-week clinical study. ©2010 L'Oréal USA, Inc.

L'ORÉAL
PARIS
Because you're worth it™

6 fuchsia lips

WHY YOU'LL LOVE IT: Hot lips, coming through! This very sexy '80s look is not for the timid. Either lipstick or gloss will work; just keep it modern by avoiding bright blush or eyeshadow.

PAIR IT WITH: Black eyeliner and plenty of mascara. You want to define your eyes so your lips don't totally overpower them.

Urban Decay Lip Junkie lip gloss in Crush, \$19. Mary Kay liquid eyeliner in black, \$11.

Leona Lewis

Camilla Belle

Rachel McAdams

Jessica Simpson



MISSED THE MARK

One attention-getting element is enough, but Katy Perry's got the look-at-me lips, the false lashes, the high pony, and, of course, the cleavage!

7 a floral dress

WHY YOU'LL LOVE IT: A sheath dress in a modern floral is pretty, not prissy. Make sure it fits perfectly to avoid the upholstered-sofa effect.

PAIR IT WITH: Minimal accessories and a solid-color cardigan, which looks best on the shrunken side. Make the whole thing casual with delicate oxford flats for runaround days.

Michelle Obama

Rhinestone button cardigan, Express, \$50; select Express stores, express.com. Printed wrap-waist strapless dress, The Limited, \$90; thelimited.com. Beatrice heels, Biondini (Brazil), \$165; scarpasa.com. Idris Laceless oxfords, Talbots, \$139; Talbots stores, 1-800-TALBOTS, talbots.com.

Tina Fey



MISSED THE MARK

We're guessing Kirsten Dunst was going for a romantic vintage vibe, but yikes, this looks more like a bedsheet. Also, the super-blousy fit of the dress hides her great body.

L' O R É A L[®]
PARIS

RADIANT COLOR
IN RECORD TIME.*

10 MINUTES to Rich Color.

10 MINUTES to Better
Conditioned Hair.**

"Don't always have the time
to color your hair? Now you do!"
Eva Longoria

Excellence to-GO™

10 MINUTE Creme Colorant



Eva Longoria is wearing shade 3, Natural Black. ©2010 L'Oréal USA, Inc.

*Shortest application time for L'Oréal Permanent Haircolor. **Hair looks and feels better than before colored.

Find your perfect shade.
Visit lorealparis.com/canihelpyou for your personal consultation.

EVERPURE
SULFATE-FREE
COLOR CARE SYSTEM™



L'OREAL
PARIS
Because you're worth it™

Keeps color pure
for up to 32 washes.

The next big trends

8 the top bun



Jessica Alba

WHY YOU'LL LOVE IT: The high bun is so versatile: It's appropriate in the ballroom, at the ballet studio, and standing at the bathroom sink. The only difference is how tidy you make it, but anything goes. Well, almost anything: Never finish this look with a scrunchie!



Jennifer Lopez

Keri Russell

Miranda Kerr

10 every-day lace

WHY YOU'LL LOVE IT:

Today's take on lace is luxe and ladylike, yet totally effortless. It's all about little dresses in uncomplicated shapes and simple, neutral colors. Shoes can dress it up or down; try a flat sandal or a chunky heel.



Rosario Dawson



Kelly Ripa



Scarlett Johansson



Jennifer Love Hewitt

9 neon brights

WHY YOU'LL LOVE IT: One piece is all you need to add a dose of oomph to basic black. Color this bold looks most modern when the silhouette is supersimple. A single neon accessory, like a clutch or bangle, is another "now" way to wear the trend.



Kristin Cavallari



Kristin Stewart



Sarah Jessica Parker

L' O R É A L[®]
PARIS

IS YOUR COLOR PROTECTED WITH
THE #1 SULFATE-FREE
COLOR CARE SYSTEM?

EVERPURE

SULFATE-FREE
COLOR CARE SYSTEM™

KEEPS COLOR PURE
FOR UP TO 32 SHAMPOOS.



*Based on (RI) (unit sales) data in US food, drug and mass-market
retailers (excluding Walmart) during 1/1/09 - 5/16/10.

©2010 L'Oréal USA, Inc. lorealparis.com

Can I Help You?

Visit lorealparis.com and click on CAN I HELP YOU? for your personal consultation.

8 shoes under \$80!

It's shoe shopping minus the guilt. The sweetest deals of the season are right here.



- 1 Suede lace-up** Cadet bootie, MIA, \$69; Macy's East, zappos.com, piperlime.com.
- 2 Embellished bootie** Balinda booties, Madeline, \$69; 800-315-8971, musthaveshoes.com.
- 3 Oxford flat** Hatchh flats, Bakers, \$50; bakershoes.com.
- 4 Sexy shoetie (shoe meets bootie)** Toulia peep-toe heels, ShoeDazzle, \$40; shoedazzle.com.
- 5 Ladylike pump** Patrice pumps, Restricted Footwear, \$65; endless.com.
- 6 Rugged clog** High-heeled clogs, Olsenboye for JCPenney, \$40; 877-FIND-JCP for store info, jcp.com.
- 7 Rhinestone flat** Seduction flats, Unity by Carlos by Carlos Santana, \$59; carlosshoes.com.
- 8 Mixed-media heel** Lupe heels, Libby Edelman, \$79; hsn.com.

SYMBICORT is for asthma that is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of **SYMBICORT**.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.



SYMBICORT helps me breathe better all day, starting within 15 minutes.* It won't replace a rescue inhaler for sudden symptoms. Unlike most other asthma medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your healthcare provider if your asthma does not improve or gets worse. It is important that your healthcare provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your healthcare provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT

- may experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- may have a higher chance of infection. Tell your healthcare provider immediately if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection.
- may experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels, decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your healthcare provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is used to control and prevent symptoms of asthma in adults and children ages 12 and older. SYMBICORT is not for patients who have sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



**FREE
PRESCRIPTION OFFER***

And even more savings for up to a year.* Call 1-888-312-0792 or visit MySymbicort.com/save

* Subject to eligibility rules. Restrictions apply.

For more information, call 1-888-312-0792
or go to MySymbicort.com/save

If you're without prescription coverage and can't afford
your medication, AstraZeneca may be able to help.
For more information, please visit www.astrazeneca-us.com

Symbicort[®]
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

SYMBICORT is a registered trademark of the AstraZeneca group of companies. Other brands mentioned are trademarks of their respective owners and are not trademarks of the AstraZeneca group of companies. The makers of these brands are not affiliated with and do not endorse AstraZeneca or its products.

© 2010 AstraZeneca LP. All rights reserved.
Manufactured for: AstraZeneca LP, Wilmington, DE 19850
By: AstraZeneca AB, Dunkerque, France Product of France
Rev 6/10 303634

Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT



AstraZeneca



SPORTY LOOK WITHOUT
THE SPORTY SMELL.

STYLE IS AN OPTION. CLEAN IS NOT.



Style Scoop

THE PLAID SKIRT

"The silhouette of a classic, slim, pencil-style skirt is very flattering for most women," says Tim. (We love the oversize print!)

From left: Funnel neck jacket, \$45, plaid roll tab easy tunic, \$33, cap sleeve turtleneck, \$27, plaid skirt, \$38, flap buckle handbag, \$49, all Liz Claiborne. Suede pumps, Rebecca Taylor. Textured jacket, \$60, striped ribbed henley, \$27, corduroy pants, \$33, stretch gemstone bracelet, \$16; cocktail ring, \$13, all Liz Claiborne. Clogs, Madewell. Ponte dress, \$45, chandelier earrings, \$16, stretch gemstone bracelets, \$16, charm bracelet, \$16, onyx ring, \$13, all Liz Claiborne. Booties, Christian Louboutin.

THE ANORAK

"It can easily be dressed up or down, and makes any outfit look instantly fresh," Tim says.

THE LBD

"Every woman should own a well-fitting little black dress—it's forever chic," Tim says.

"Hey, **Tim!**
What should
I wear
today?"

Don't just stand there in your undies, staring at your clothes in despair. Listen to Tim Gunn, fashion expert, *Project Runway* mentor, and the creative brain behind Liz Claiborne's exclusive new line at JCPenney. He's the go-to guy for classic, looks-good-on-everyone style.

Photographed by Tom Corbett

"I'm not a
fashion stylist,
I'm a **fashion
therapist.**"

Style Scoop

Denim button-front shirt, \$33, plaid skirt, \$37, onyx ring, \$13, all Liz Claiborne. Over-the-knee boots, Worthington.

THE LBD GETS A DOWNTOWN SPIN

Layer the LBD over a crisp button-down and jewel-tone tights and the whole look gets funky.

THE PLAID SKIRT COPS AN ATTITUDE

Balance the preppy mood of this clean-cut skirt with an easygoing denim shirt, then have more fun with accessories (like these major boots).

Ponte dress, \$45, button-down shirt, \$33, cocktail ring, \$13, all Liz Claiborne. Fedora, \$15, wrap belt, \$22, JCPenney. Round-toe pumps, Ralph Lauren.

Tim's rules to dress by

1. SILHOUETTE "When getting dressed, think of your body as a series of thirds; the worst thing you can do is cut yourself in half. Pair a top that ends at your waist (one third)

with long pants (two thirds), or wear a knee-length dress that goes no longer than the bottom of your kneecap."

2. PROPORTION "If you have something loose and

blousy on top, whatever you wear below should be sleek and well fitted to serve as a counterpoint, and vice versa."

3. FIT "Most women wear clothes that are too big—

that's the comfort trap. Women don't want to feel constrained, but I say, if you want to dress to feel as though you never got out of bed, then don't."





**New Suave Naturals lotions
smell just as amazing as
Bath & Body Works*
at a much softer price.**

For long-lasting nose bliss, from Mango Mandarin to Wild Cherry Blossom, wrap yourself in one of our silky new lotions. Choose your favorite and layer it with one of our matching body washes for a total scent experience.

Rethink specialty store fragrances



Style Scoop

THE ANORAK GOES EVENING



Give this ultra-sporty jacket some sex appeal with glam items like a sequin scarf, skinny pants, and strappy heels. Who says you can't hit a swanky new restaurant in this?

Textured jacket, \$60, print blouse, \$33, slim-leg pants, \$33, onyx cocktail ring, \$13, all Liz Claiborne. Bracelet, \$16, JCPenney. Ankle-cuff heels, Zara.

Gunn on style, shopping, and why he loves our First Lady.

Q: You feel that everyone should care about style, but why is it so important?

A: Style is a fingerprint made up of a person's point of view and taste. What we choose to wear and how we choose to wear it sends a message about how we want the world to perceive us.

Q: Who do you think has great style?

A: I don't have the adequate words to tell people how fabulous I think Michelle Obama is. I love that she understands how to dress for her size and shape, she wears patterns and prints well, and she wears clothes that are accessible to most women. Also, she's not afraid of jewelry or accessories.

Q: So should we all get over that fear?

A: Yes. Accessories are the easiest way for a woman to feel on-trend without making a huge investment. You can enliven and enrich your wardrobe by giving items you already own some new-ness. Mrs. Obama did it and revived the classic shift dress. What better backdrop is there for great accessories than a simple silhouette like that?

Q: Do you have any shopping advice for women this fall?

A: Everybody benefits from shopping on a budget because it makes us more thoughtful about what we buy. I think most women like to have items that can multitask, and so thankfully I'm seeing a return to the classics in stores. In some ways that

means you can't go wrong, provided you buy pieces that fit you properly, of course.

Q: What are a few classics every woman should own now?

A: A trench coat—and there are many iterations of it, from traditional to shrunken or military-inspired. The blazer is back in every color and style you can imagine. It can go anywhere, and there's no easier way to dress up the ubiquitous jeans and a tee.

Q: How do you think the Liz Claiborne for JCPenney line fits into your theory?

A: The entire line was conceived with the notion of staying power: The idea is to expand and enhance your wardrobe rather than having to toss everything from last season and start all over. It's a very respectful way of thinking about the customer, and I hope she feels that we understand her, who she is, and what she wants.

"No woman needs to look dowdy or matronly—ever."



COVERGIRL®

DREW BARRYMORE



● Drew Barrymore is wearing
Clean for normal skin in Classic Ivory.

had it with one-size-fits-all makeup?
try lightweight coverage that's made to fit you!

Clean Makeup

No more masky, heavy makeup—try the lightweight Clean formula that's just right for you. Clean normal, oil control and Clean for sensitive skin—it's 100% fragrance and oil free. Shop now! Find your Clean at covergirl.com

easy breezy beautiful COVERGIRL



Find the Clean liquid and pressed powder for your skin type.

What's your beauty personality?

Whether you're a glitz-and-glamour girl or a get-ready-in-minutes gal, each of us has our own beauty personality. No matter which kind of woman you are—or if you're somewhere in between—**COVERGIRL** has the products to fit your distinct beauty personality and bring out the best in you. Here, four REDBOOK readers reveal their beauty personas, and discover the perfect products to match.



MOM ON THE MOVE

"My day often takes me from carpool to yoga, followed by lunch with friends and a fundraising meeting. I want my makeup to work no matter where I'm going." —Susan M.

To move seamlessly from one activity to the next, this mom on the move needs an easy, breezy routine that lasts.

COVERGIRL experts suggest:

-  COVERGIRL Clean Oil Control
-  COVERGIRL Outlast Lipstain
-  COVERGIRL LashBlast Length



SINGLE GAL IN THE CITY

"I enjoy trying different colors with the changing seasons and trends, but with my busy work schedule—and social life—I don't have a ton of time to spend on it." —Christina D.

This fashion designer and single gal on the go seeks products to help her stay current and get noticed.

COVERGIRL experts suggest:

-  COVERGIRL Clean Normal
-  COVERGIRL Outlast Lipstain
-  COVERGIRL ShineBlast Lipgloss
-  COVERGIRL LashBlast Luxe

COVERGIRL
Visit covergirl.com

Advertisement

Find Your Match



● **COVERGIRL Clean** provides flawless, natural-looking, light-weight coverage that goes on easy, leaving a beautiful complexion in its wake. Whether skin is normal, oily, or sensitive, there's a Clean Makeup for you.



● **COVERGIRL ShineBlast Lipgloss** is made with pucker-enhancing, light-reflecting shimmer and a lip-hugging applicator. Get 4x more noticeable shine,* and defined, gorgeous lips with new ShineBlast.
*vs. bare lips



● **COVERGIRL Outlast Lipstain** provides lasting, lightweight color that won't come off. Now in even more shades, its pen-like precision applicator makes it easy to define your lips.



● **COVERGIRL LashBlast Volume** pumps up your lashes without clumping, smudging, or smearing for the ultimate big-lash look. LashBlast's patented formula now comes in water-proof, too!



● **COVERGIRL LashBlast Length** with Elasta-Nylon™ formula flexes without flaking, for notice-me lashes all day long. With COVERGIRL's longest brush yet, you get 80% longer-looking lashes*.
*on average vs. bare lashes



● **COVERGIRL LashBlast Luxe** gives you the big, bold lashes you've always wanted, thanks to its giant brush—and now it has a hint of luxe shimmer. Available in four show stopping shades to match your every mood.



● **COVERGIRL Exact Eyelights** liner and shadow use light-reflecting metallics to leave you bright-eyed and beautiful. Each color-coordinated collection is expertly designed to bring out your blues, greens, browns, and hazels.

STYLISH IN THE SUBURBS

"Feeling good about my appearance is very important to me. I want to look pulled together whether I'm volunteering at my kids' school or running errands."
—Meredith L.

For this stay-at-home mom, products that bring out her beauty are a must.

COVERGIRL experts suggest:

- COVERGIRL Clean Sensitive
- COVERGIRL Exact Eyelights
- COVERGIRL ShineBlast Lipstain
- COVERGIRL ShineBlast Lipgloss



CLASSIC WORKING GIRL

"My beauty personality is simple: I don't leave home without lip gloss, mascara, and a little powder to cover up shiny spots. I want to look polished, without ever looking 'done up' or too trendy." —Michelle B.

This writer, blogger, and mother wants classic products that give her a fresh, natural appearance.

COVERGIRL experts suggest:

- COVERGIRL Clean Normal
- COVERGIRL ShineBlast Lipgloss
- COVERGIRL LashBlast Volume



Quiz: What's Your Beauty Personality?

To find out, take our quiz at redbookmag.com/personality. There you'll not only discover your primping personality, but you'll also have the chance to **WIN an expert beauty consultation and \$500 worth of COVERGIRL makeup.**

No purchase necessary to enter or win. What's Your Beauty Personality? Sweepstakes sponsored by Hearst Communications, Inc. Beginning 8/24/10 at 12:01 am ET through 9/30/10 at 11:59 pm ET go to redbookmag.com/personality. Odds of winning will depend upon the total number of eligible entries received. Must be age of majority and a legal resident of the 50 United States and District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/personality.

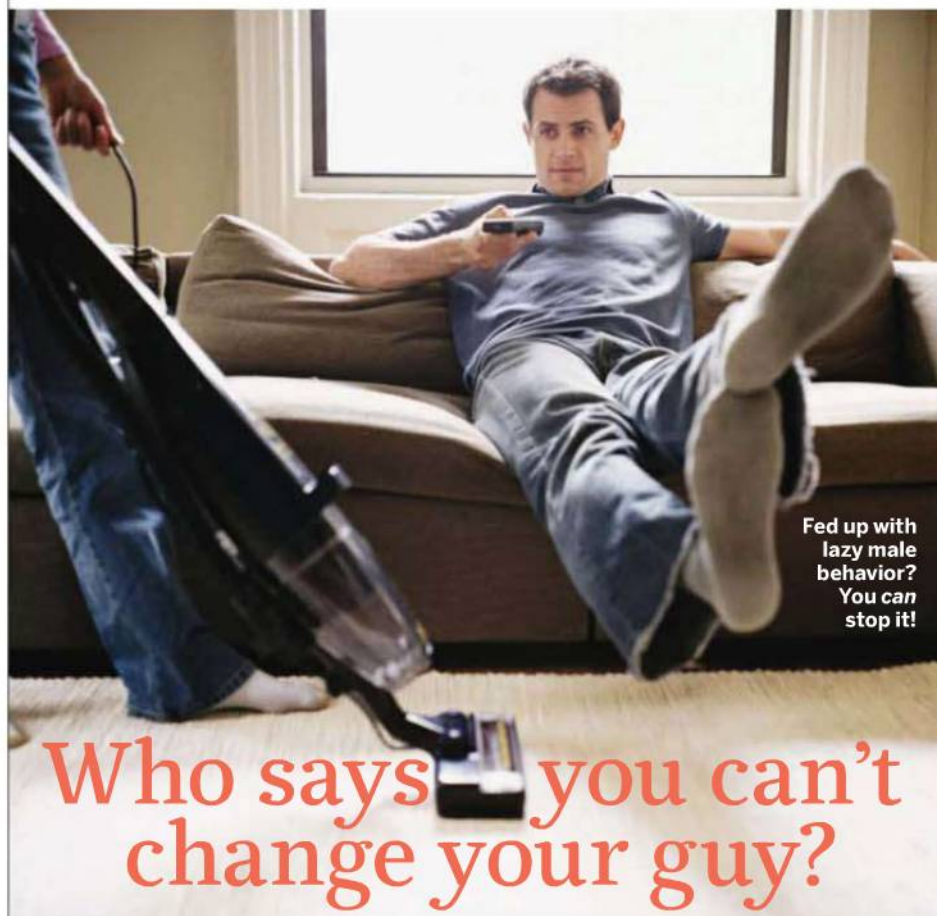
**SPEAK IT
DON'T REEK IT**



ECLIPSE YOUR BAD BREATH

Your Love Life

Marriage, men, romance & sex



Fed up with
lazy male
behavior?
You can
stop it!

Who says you can't change your guy?

We tested a sneaky strategy from *Tool Academy* couples therapist Trina Dolenz, who's whipped dozens of men into better husband material on the show. This is one trick every woman should know.

When Dolenz told us that copying your guy's annoying habit could actually spur him to change, we were dubious. But she explained: "Couples tend to take on opposing roles in their relationship, and they get stuck in those behaviors to balance each other out," says Dolenz, whose new book, *Retool Your Relationship*, comes out this month. All you need to do to solve some of his small behavior quirks is flip the script. If he's too laid-back and you want him to take more initiative, start acting easy-breezy and carefree, and he'll begin to pick up the slack, she says. Does it really work? REDBOOK staffers tested Dolenz's theory.

"Usually I'm the more affectionate one, reaching out to hold his hand or putting my arm over his shoulder. So I stopped doing that this weekend—and I found him reaching out to link arms and touch the small of my back a lot more often. After this success, maybe next time I will try this trick with cleaning the bathroom!"

—Briana Mowrey, Web editor

"My husband and I have the same exchange every time we're late—and we're *always* late: He freaks out and I try to calm him down. Last weekend we were late for a wedding, and he started up—but before he could really go off, I interjected with an angry 'I cannot believe we are late again! This is so embarrassing.' His reply was a totally calm 'It's okay. There's nothing we can do about it now.' Worked like a charm."

—Nicole Yorio, assistant editor

"My boyfriend and I have an ongoing garbage disagreement: I think everything should be recycled; he'd rather throw everything in the trash. Last night we were eating leftover pasta, and when he was finished, he held up the plastic container and said, 'Do I really have to go through the trouble of rinsing this out

just to recycle it?' I told him I didn't care what he did with it—and, ta da! He rinsed and recycled it. Genius!"

—Cristina Desposito, associate fashion editor

"My husband is a stay-at-home dad, and at the end of the day there are dishes piled up in the sink and toys everywhere. Generally I start the cleanup after I get home and the kids have eaten; he plays with the kids or goes on the computer. If I had mirrored his behavior, it would've left our home filthy! I just couldn't do that to my kids."

—Lili Zarghami, director, REDBOOK online

Love Notes



Easy ways to stay in lust

It's a fact: Most mammals aren't monogamous. So, are humans doomed to zipless sex down the road? Not at all, says Marianne Brandon, Ph.D., the author of *Monogamy: The Untold Story*. "It's natural to lose a little interest in that one person over time," she says, "but we're evolved enough to work at maintaining a vibrant bond." Her tips help:

1 Let your guard down. "Day-to-day life requires us to think and tune out our emotions," Brandon says. "But the more you *feel*, the more connected you'll be to your passion." If you're not in the mood for sex, "do something that gets you relaxed and feeling safe, like meditation or journaling, which will make you more aware of your body and emotions."

2 When you hit the sheets, have a different kind of goal. An orgasm is great, but there's much more to sex than that. "Before you hope to have

sex, settle on an intention, anything from 'I want to have fun' to 'I want to surrender control,'" Brandon says. "Decide what you want to get out of intimacy and you'll be more likely to get it."

3 Forgive and forget before you get busy. "It's easy to take resentments into the bedroom and then have so-so sex," Brandon says. "Instead, open yourself up to the experience to connect with your guy on a level that goes deeper than daily annoyances: Remind yourself of three reasons you love him, then focus on staying present."

"Our dorky date night"

Who needs to make a reservation at the new "it" restaurant or pay \$24 to see the latest critically acclaimed snoozer? It can be just as fun to spend time with your guy doing something decidedly uncool. Any of these dates sound familiar?

"My guy and I love seeing our favorite cheesy '80s bands when they come to town. We've rocked out to Guns N' Roses, Journey, and Jimmy Buffett—and, yes, of course we deck ourselves out in Hawaiian shirts and flip-flops for Buffett!" —Amy Hass, 37, Hurricane, WV

"My husband and I enjoy the *über*-geeky art of geocaching, which is basically a GPS-guided treasure hunt where you end up finding little trinkets, like key rings and coins." —Caroline Jorgensen, 37, Tampa, FL

"We like to scour the local paper and find odd festivals to attend. Recently we checked out the International Horseradish Festival, and we even participated in the 'root toss.' Sadly, we lost." —Elizabeth Kolter, 35, St. Louis

"My husband and I love to have fishing competitions against each other. I'll throw on my bucket hat, we'll head to the pond, and then we'll taunt each other with comments like, 'I'm reeling in Loch Ness! You're rubbing my feet tonight because *you* lose!' Of course, I always get the biggest catch!"

—Mindy Johnson, 29, Towanda, PA

For more inspiration, check out REDBOOK's 500 Great Dates. Get it for 10 percent off at bn.com/redbook.

HABIT TO QUIT: eye rolling!

Even when it's accompanied by a laugh or a smile, eye rolling is damaging to your relationship. **It signals that you no longer respect your partner**, researchers at the University of Washington found.

HEY, BRAINY BABE!

In the most successful marriages, the wife is 27 percent smarter than the husband.

SOURCE: UNIVERSITY OF GENEVA

CLARISONIC. YOUR 60-SECOND TRIP TO THE SPA EVERYDAY.

clarisonic

Clean, healthy, younger-looking skin begins with Clarisonic.

Experience the same professional-caliber sonic skin cleansing that spas and dermatologists are raving about. Oily areas and dry patches are reduced, and fine lines and pores appear smaller. Developed by the lead inventor of Sonicare®, Clarisonic is non-abrasive and gentle enough for even the most delicate skin types. Experience Clarisonic skin cleansing for the best skin of your life.

6x

more makeup
removal than
manual cleansing

61%

better absorption
of vitamin C
after use*

100%

risk-free, money-back
guarantee

Shop Clarisonic Products

Sephora

Nordstrom

Neiman Marcus

Dillard's

Clarisonic.com

Select Physicians & Spas

Sex Life Road Test:

Oooh! This stuff *tingles*

Duck into any pharmacy and you'll find dozens of lubricants—warming, cooling, flavored—though they all pretty much just make you more slippery. But the newest one surprised even seen-it-all REDBOOK editors: K-Y Brand's Yours+Mine is a pair of lubes (one for him, one for you) that claims to give couples new stimulation when they connect. Here, our trusty testers report back!

**Couple
#1**

"I was a little disappointed."

She says: I rubbed the "Yours" lubricant onto my partner—the liquid felt warm in my hands, and I could tell he really liked it. Then he returned the favor with the "Mine" lube, which felt pleasantly tingly. I was a little nervous about the possibility of irritation, because I can be sensitive down there, but there was no problem at all. When we had sex, the lubrication felt good, but I was a little disappointed. The packaging led us to believe that when we joined the two lubes together, we would see stars from how great and different it would feel, and while there was a bit more stimulation than usual, it was nothing monumental. Still, Yours+Mine added an element of fun, and we'd like to try it again. My man and I are curious to try each other's lube, and I think they'd also make great massage oils.

He says: I really enjoyed these products. My only complaint is that they dried out fairly quickly, so smooth skin sometimes gave way to friction.

Passion factor: 🔥🔥🔥 Warm and fuzzy

**Couple
#2**

"It really improved my experience."

She says: When I put the "Yours" on my husband, he said he didn't notice a difference. But when he applied the "Mine" to me, it was tingly in an exciting way. I didn't notice a third new sensation when we had sex, but the tingling lasted and really improved my experience—I had a great orgasm. We've tried plain lubricant before, but I liked that this one offered a slight twist without being as out there as some of the wacky, flavored lubes. Plus, because the product was from K-Y, an established brand, I felt safe knowing that it wouldn't leave me with a weird rash or infection. All in all, this was a fun change of pace, and I'm excited to give it another go in the future.

He says: I didn't feel the "Yours" warming sensation, nor did I experience any of the tingling from my wife's "Mine" when we were having sex, but that didn't matter, because the sex was amazing! My wife seemed to love it, and her excitement got me all worked up.

Passion factor: 🔥🔥🔥🔥 Smokin'



**Want more sexy ways to
spice up your love life?**

To find dozens more dishy, tell-all
Sex Life Road Test reviews, log on to
redbookmag.com/slr1.

SKECHERS
Fitness Group

Shape-ups

SHAPE-UP ANYWHERE!

DESIGNED TO HELP

- BURN MORE CALORIES
- TONE MUSCLES
- IMPROVE POSTURE



Patent Pending



at select

DSW.

stores and online

New
X·F
EXTENDED FITNESS™
LOWER PROFILE

Share your story at

myshapeups.com

The Whys Guy

How to survive the vacation from hell

What good can come from a trip gone horribly wrong? Plenty. Our guy columnist turned a bunch of WTF's into LOL's—and discovered an even deeper love for his family. By Aaron Traister



National Lampoon's Vacation, a classic road trip gone wrong.

Karel and I took a much-needed vacation in Maine the summer after our first year of parenting. By that point, we were in desperate need of a relationship defibrillator to zap our hearts back into rhythm, and that week was just what the cardiologist ordered.

Getting both of us away from work allowed me to get my wife back. Suddenly, Karel wasn't a mom and a stressed-out employee anymore; she was just a mom and a wife. My beautiful, smiling wife.

On that trip, Karel and I relaxed, we caught up on sleep, we frolicked with our son, Noah, we laughed, and we ate lobster rolls—lots and lots of lobster rolls. It was one of the greatest weeks of my life.

When we planned our next trip up north, two summers later, we had high hopes. By that time our family included 8-month-old Josefina. Between baby maintenance and the endless stream of toddler talk, I'd been finding it hard to complete a conversation with Karel, let alone share any real intimacy. This vacation would be our chance to

reconnect. (I was anticipating a lot of "reconnecting" during the cool Maine evenings, after our kids had slipped off into a peaceful slumber.)

Here's the kicker: We did reconnect—but not over the bliss of lobster rolls and long evenings to ourselves. On this trip we discovered that you need each other even more when the thing you've been looking forward to most goes horribly wrong. This is why:

1. Heavenly places can still be hellish. Inexplicably, 3-year-old Noah began to melt down halfway through the vacation. He was not sleeping, he was yelling at us, and he was throwing temper tantrums the likes of which we had never seen. In turn, Karel and I were not sleeping, we were yelling at each other, and our frustration with the situation was leading to temper tantrums of our own.

At 11 a.m. on day 7 of our 10-day vacation, Noah bit my wife on her arm. It was the last straw. Karel and I didn't even speak, but we knew what we had to do. There would be no trip to the aquarium, no clams for dinner, no afternoon naps—it was time to go. An hour later we were packed up for the 12-hour drive back to Philadelphia. Twelve-hour drives with two kids under the age of 4 usually take planning and prep, or at least rest; we had none of those things, and we were just too burnt to care.

2. Even in the face of defeat against your children, you'll find moments of romantic camaraderie. Before leaving town, we stopped for lobster rolls; Karel and I wanted one last memory of something special before embarking on Dante's road trip. It was pouring rain, and I got soaked running to the seafood shack, but it was worth it. We ate sitting in the car while the rain pelted the windshield, and those were the best lobster rolls we'd had all week.

As for Noah, once in the car with the promise of his own bed, our vacation gremlin transformed back into the charming boy we knew and loved. Karel



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. His work has appeared on babble.com and salon.com.

**GROW Longer, GROW Fuller,
and Darker Lashes**

SEEING IS BELIEVING!

LATISSE® – the first and only FDA approved prescription treatment for inadequate or not enough lashes.

It's easy to ask your doctor if LATISSE® is right for you.

GROW YOUR OWN LASHES

WEEK 0...NOW



WEEK 16...WOW!



Brooke Shields without mascara—lashes not retouched.

Your results may vary. By prescription only.

GO TO LATISSEOFFER.COM
TO LEARN ABOUT A \$20 REBATE*

Latisse®

(bimatoprost ophthalmic solution) 0.03%

LATISSE® is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker, and darker. Eyelash hypotrichosis is another name for having inadequate or not enough eyelashes.

Important Safety Information:

If you are using, or have used, prescription products for any eye pressure problems, only use LATISSE® under close doctor care. Although not seen in LATISSE® clinical studies, may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. **DO NOT APPLY** to the lower eyelid. Hair growth may occur in other skin areas that LATISSE® solution frequently touches. If you develop or experience any eye problems or have eye surgery, consult your doctor immediately about continued use of LATISSE®. The most common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see important product information on the following page. Call 1-866-344-5480 for more information.

*Offer applies to first-time registrants only. Please see additional terms and conditions at Latisse.com.



© 2010 Allergan, Inc., Irvine, CA 92612
® mark owned by Allergan, Inc. APC40JU10

**From Allergan,
a company with 60 years
of eye care expertise.**

To see more before and after
results or **FIND A DOCTOR**
go to LATISSE.COM

PATIENT INFORMATION

LATISSE® (la tteece) (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?

Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is **LATISSE®** solution?

LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take **LATISSE®**?

Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with **LATISSE®** use?

LATISSE® solution is intended for use on the skin of the upper eyelid margins at the base of the eyelashes. Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using **LATISSE®**?

You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get **LATISSE®** in my eye?

LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of **LATISSE®**?

The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using **LATISSE®**?

If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use **LATISSE®**?

LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.



ILLUSTRATION 1



ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about **LATISSE®**.

Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in **LATISSE®**?

Active ingredient: bimatoprost

Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

© 2010 Allergan, Inc., Irvine, CA 92612. ® marks owned by Allergan, Inc., U.S. Patents 6,403,649; 7,351,404; and 7,388,029 APC62ET10

**"My wife,
on vacation"**

These men explain the real reason they love going out of town: They get to see a whole different side of their wives.

"My wife does all the planning for our vacations. They are intricate and scheduled within an inch of our lives, but everyone ends up having a blast. The only hard part is that we end up in so many different places, doing so many different things, that we have to change hotel rooms every day or two. My wife's vacations are awesome but exhausting."

—David, 47, Baltimore

"Lauren is normally very respectful of others' space—one of the many things I love about her—but when we leave the city for a road trip and she gets behind the wheel, especially while in slow-moving traffic, she insists on getting so close to other cars that you can see what station their radios are tuned to!"

—Joe, 33, New York City

"On vacation, my wife changes her priorities. Things that are usually important to our household (things like efficiency, cleanliness, and sacrifice) get replaced with things like suntan, siestas, and drinks by the pool. She can spend all the time she wants on the things she likes, and I become the recipient of her wonderful mood!"

—Steve, 34, Brooklyn, NY



Snapshots of Karel and baby Noah from the first, blissful Maine vacation. It was not to be repeated.



handed him a bag of potato chips and he said "thank you"; it was something we hadn't heard in days. My wife buried her face in her hands and her body began to shake. At first I thought she was crying, but as it turned out, she was racked with spasms of laughter.

With full bellies and two happy kids, the trip back to Philly suddenly seemed less intimidating to me and Karel. In fact, the car started to feel downright cozy, despite the monsoon that was flooding the roadway in front of us. It felt like the two of us were on a Mission: Impossible that we knew was destined to fail but would be exciting until everything blew up.

3. You can't take it out on each other when the s--t hits the fan (or the roof of the car).

You can only look at each other and smile. At the Maine border, Noah announced from the backseat that Josefina was "covered in green" and that "she doesn't like it." We turned around to discover that she'd had a diaper explosion (likely brought on by a passion for canned peaches) and had smeared the contents of her diaper all over herself and anything within reach.

We didn't panic. We calmly pulled off at the next exit and parked at the local Friendly's so Karel could bathe her in the ladies' room sink.

4. Everyone laughs at the dad (including his wife).

In the parking lot, I was trying to remove the foul-smelling stuff from the car seat when a car pulled up next to me and out popped four bikini-clad beauties. Instinctively I nodded and tried to look cool, which is how I discovered it is impossible to look cool when you're scrubbing baby excrement from a car seat in the parking lot of a Friendly's.

The girls giggled and walked off, and I smacked myself on the forehead before remembering I had baby poop on my hands. That's when Karel came out of Friendly's with a relatively clean Josefina in her arms. Having passed the girls on her way out, and knowing me as well as she does, she smiled cutely and asked, "Well, did you impress them

with your car-seat-cleaning abilities?" Then she took a good look at me and deadpanned, "You know you have poop on your head, right?"

5. Sometimes the toughest experiences can lead to the best memories.

The rest of the trip saw heavy traffic, terrible storms, and an ill-fated stop at a McDonald's during which a road-weary Noah barricaded himself in the tubes of the play area and declared it his "new home." And yet through it all, Karel and I had a strangely good time. By the time we hit New York, the kids had passed out, and we spent the last three hours of the trip quietly talking and planning our next vacation. When we got home, we threw the kids in bed, cracked open a bottle of wine, and finally "reconnected" several times before we drifted off to sleep.

What's funny is that the memories of that nightmare road trip rival the memories of our first perfect vacation, because we were in it together. It's easy to fall back in love when the weather is beautiful and the kids are charming. But as most parents know, those moments are few and far between. It's more important to be able to laugh together when your son has created an impenetrable bunker at a fast-food establishment, or when the world is raining canned-peach poop on you. I'm happy that my marital bliss isn't built on a foundation of rare treats like lobster rolls but on the everyday realities of our messy, cranky, sometimes stinky life. **R**

What do you want to know about men?

If you're looking to figure out your guy's mysterious or perplexing behavior, our columnist Aaron will try to explain the crazy things men do (but he makes no promises!). Email your questions to him at redbook@hearthst.com (subject: Whys Guy). Be sure to include your name, city, state, and email address.

What I Know About Women

He's "peer-ent" Phil Dunphy on *Modern Family*, but offscreen, **Ty Burrell** is taking baby steps in his new role as Dad. By Amy Spencer

"I'm more neurotic than Phil, but I screw things up just as much."

TV dads tend to be the bumbling ones, then Mom comes in and saves the day. Phil and Claire on *Modern Family* are no exception. What gives?

People respond strongly to that archetype, so that must be common in a lot of homes. Claire keeps Phil on task, but Phil keeps the house off-task, in a good way.

You and your wife recently adopted a daughter, Frances, who's now 8 months old. Are you a better husband and dad than Phil is on the show?

I'm more neurotic than Phil, but I screw things up just as much as he does. Holly, my wife, knows how much of Phil is actually me, so she has a good laugh. At this stage, my parenting consists of being a pit-crew member, where I step in and I wash and feed.

What's "modern" about your real-life family?

My wife handles all of our technology. So if something goes wrong with the computer, I throw up my arms and step aside while the IT gal figures it out.

When did you know you wanted to marry Holly?

On our first date. I was slow on the uptake, so it took me a couple of years.

Now you've got me curious about that first date.

It was the opening night of a play we were in. We were understudying lovers in *Twelfth Night*.

When's the last time you felt madly in love?

Last night. We had a picnic on our condo floor.

How has having Frances brought you and Holly closer?

There's lots of problem solving in any marriage, but when you have this collective goal that is a human being, it's an inspiring rally point.

Your costar Julie Bowen is a mom of three. What advice she has given you?

Get duplicates of the fuzzy blankets that look like animals. They have a corner turned into a frog, and kids love to put them in their mouths.

What's the worst parenting advice you've gotten?

People discuss parenting the way they talk about denominations of faith. They say, "The other camp [is] absurd, and why would you ever do fill-in-the-blank with your kid?" Then you go to the other camp and they're making fun of the other people. We try to stay out of the fray. **R**

M m

N n



P p



Milk's Favorite Back-to-School Cookie.

For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should

not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor

www.enbrel.com

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved. MC 41435-B-2

I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit Enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant,

or breastfeeding

- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live



Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
 - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
 - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - ✓ all vaccines should be brought up-to-date before starting Enbrel.
 - ✓ people taking Enbrel should not receive live vaccines.
 - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
- ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
 - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may

do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- Do not freeze.
- Do not shake.
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine

v4

Issue Date: 06/2010

This Medication Guide has been approved by the US Food and Drug Administration.

AMGEN

Manufactured by Immunes Corporation
Thousand Oaks, CA 91320

Pfizer

Marketed by
Amgen Inc. and Pfizer Inc.

www.enbrel.com

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved.



Crest
3D WHITE

HEADS WILL TURN

WHITER SMILE IN 1 DAY

Now get a smile that's more than white - it's 3D White.

Introducing the Crest 3D White collection.

Use each product individually.

Or use the collection together to start seeing results in 1 day.

Intrigued? Let us prove it to you at 3DWhite.com





The Heart Stuff

He found his ex on Facebook

"My husband said their messages to each other were innocent, but I can't stop wondering if he's still thinking about her."

Q My husband has reconnected with an old flame via Facebook this year. I came across a few emails between them, and when I confronted him about it, he said they were innocent. But **I still keep wondering whether or not he is talking to her or thinking of her. I really want to speak to him about it,** but I don't know how to bring it up without becoming emotional. I know that he loves me, but I just can't get over it. Can you give me a few tips on regaining a grip? —S.H., 31, Boston

A You're right, you've got to find a way to stop thinking about it. The more you wonder, the more you stew, the more you simply reinforce your obsession. But if you find a way to interrupt this thought pattern, you can retrain yourself to think about the matter in a new light—or not at all. Try this: **The next time you start to wonder about your husband's ex on Facebook, pause for a split second and focus on something that makes you feel good.** It can be anything you love—new shoes, mint Milanos, puppies—as



MOVE

**IT'S NOT THE WALK OF FAME.
IT'S MORE IMPORTANT.
START A TEAM TODAY. GO TO ALZ.ORG.**

MOLLY SIMS © 2010 Alzheimer's Association. All Rights Reserved.

memory  walk

alzheimer's  association

STICK IT TO LAUNDRY STAINS!



**Thick Gel Formula
Clings to Stains &
Breaks them Down!**

STAIN GRABBING
APPLICATOR WORKS
GEL DEEP INTO FIBERS



Gets the Tough Stains Out!
www.OxiClean.com

Your Love Life

long as it interrupts your obsessive thought. You might even remember the feeling of your husband kissing you, or the last sweet thing he said (which will also reinforce your good feelings for him). It may sound silly, but try it; after a few days, you'll feel a difference. (And in the interest of maintaining your sanity, fight the urge to snoop around in his emails—Facebook or otherwise! No good ever comes of it.) Over time, you'll be able to get the worry out of your head for good.

All that said, **I also don't see any harm in asking him to unfriend his old flame.** Have you tried that? You might say, "I *know* nothing's going on, but it would mean a lot to me as your wife if

buddies. **I feel like the sport is more important to him than I am** and that to keep our spark, we need to spend more time together. I've suggested that if he wants to golf on Saturday, then Sunday should be our day—but he hasn't been receptive to this. I don't know what else to do other than give him an ultimatum. Any suggestions? —J.B., 32, Ocean City, MD

A I'm not a huge fan of ultimatums; they tend to drive a wedge between people. A better plan is to stop pressing the issue of quality couple time—a phrase that, quite frankly, sounds about as sexy as doing your taxes. While your fiancé golfs, explore some new

The most attractive woman on earth is the one with her own passions. It was either my mother or some sexy and wise French woman who said that.

you'd unfriend her." This will give him a chance to show, with his actions, that he does choose you. There's always the chance he'll say no, but if you approach him in a calm, non-accusatory way, it's unlikely he'll want to create so much trouble over something so innocent! The point I'm trying to make is this: You say you know he loves you—so you simply have to trust him. Giving your heart to someone is scary business, regardless of whether he's a social-networkin' fool. Great love and great risk go hand in hand. Do your best to accept that.

Golf is ruining our relationship!

Q My fiancé's daughter from his first marriage stays with him every other weekend, so we only have two weekends a month for just-us couple time. Trouble is, that's *also* the only time he has to golf, so he ends up spending a lot of it golfing with his

interests or invigorate any old ones that you might have set aside when you two got involved. Sign up for that weekend yoga class. Go to the movies with your girlfriends. Have some *fun*!

If you start filling up your weekends with your own activities, I'm willing to bet your fiancé will come after you. The most attractive woman on earth is the one with her own passions. (It was either my mother or some sexy and wise French woman who said that.) If you doubt the wisdom of this, then at least understand that badgering him about spending time together isn't working anyway, and the more you keep hounding him, the less interested he's going to be.

Your fiancé has to want to be as devoted to you—and to spending time with you—as you are to him. Nothing else will cut it, period. If you wind up growing apart because you've decided to pursue your own interests while he's pursuing his, I say it's better to find out now rather than after you're married.

Why is he touchy-feely with other women but not me?

Q My husband is not affectionate with me at all, and I'm craving some PDA. He'll maybe give me a brief touch on the shoulder when I kiss him hello or good-bye, but that's about it—and never anything spontaneous. **Yet in social situations, it seems like he can't even speak to another woman without touching her, and sometimes it's someone we just met!** Whenever I bring up this behavior, he denies it or he says that it doesn't mean anything and tells me that I'm jealous and prudish and not letting him "be who he is." What is his problem? And should I just get out now before he totally destroys my self-esteem? —W.I., 52, Allentown, PA

A Whoa! There are many reasons to end a marriage, but this doesn't have to be one of them. Unless there's something else going on—like an actual affair—you should be able to work this out. When he says it's nothing, believe him; if anything were going on with these ladies, he'd be working hard to hide his touchy ways, not flaunt them. **My guess is that his behavior has to do with him wanting to see himself as a vital, sexy, in-the-world guy.** It really is about him and not you—or the other women.

My advice is to forget about why your husband is like this and, instead, focus on what you need from him in order to feel loved. How affectionate would he have to be to make you feel cherished? Do you need a big hug when you kiss

GOT SOME FAMILY, FRIEND, OR FRENEMY DRAMA?

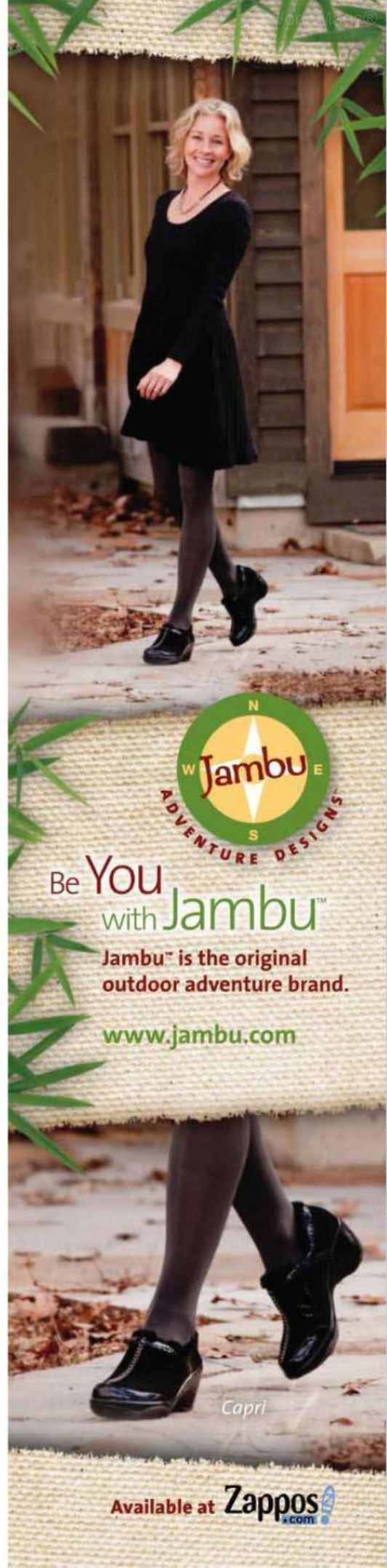
We can help! **Send your questions about sisters, best friends, parents, in-laws, kids, and anyone else in your life to karenkarbo@redbookmag.com.** Your story, and a nice dose of real-world advice, might just show up in the next issue of REDBOOK. (Don't worry, we won't use your full name—everyone in the world doesn't need to know your business, just Karen!)

him hello? Does he need to chase you around the couch once in a while? You may be thinking, *If he loved me and found me attractive, he would do this without my having to ask.* But that's romance-novel logic. In the real world, men can't read our minds—we often have to ask, directly and calmly, for exactly what we want.

Find a time when you're feeling good about each other, put your arms around the guy, and say that you'd really like a little more of *this*. Just because the matter is serious (and it very much is—you're unhappy and feeling unloved), doesn't mean the conversation surrounding it needs to be stern and hectoring. Whatever you do, don't make it a conversation about what he does with other women; just keep the talk focused on you and him. Tell your husband how loved, sexy, secure, and close to him you feel after a good cuddle or sweet kiss. Demonstrate what you would like him to do for and to you. And if things then get a little warm, go ahead and take the talk into the bedroom. Nothing like a little positive reinforcement to really get your message across, right? **R**

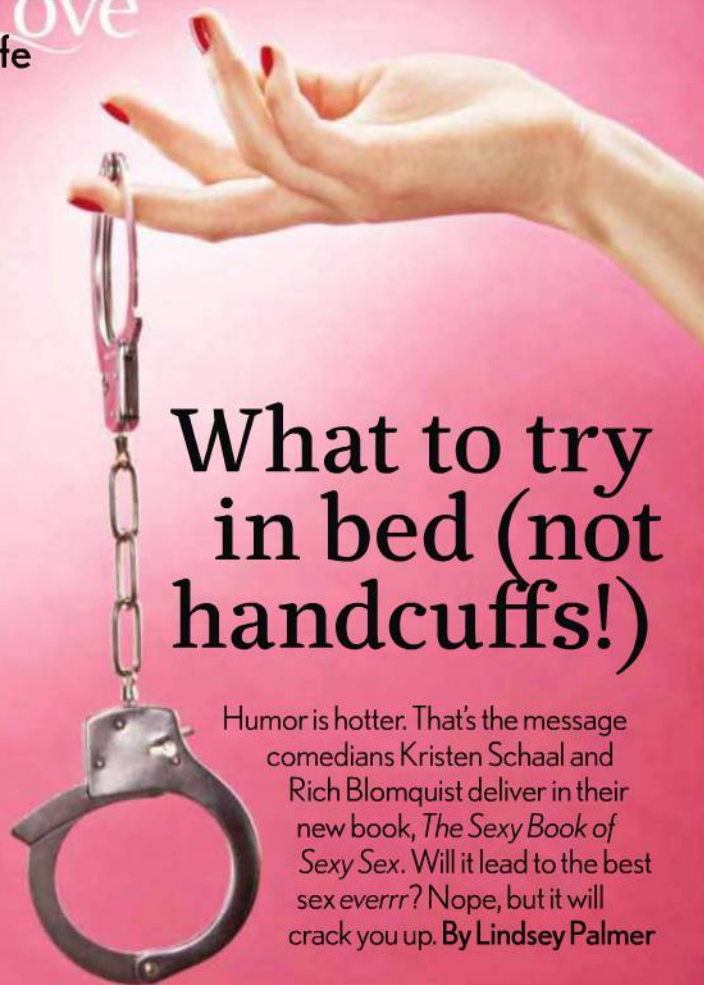


Karen Karbo is an award-winning writer and the author of *The Gospel According to Coco Chanel: Life Lessons From the World's Most Elegant Woman*. She's also a mom, a teacher, and a horse owner. For more advice, go to redbookmag.com/karenkarbo.



Be **You** with **Jambu™**
Jambu™ is the original outdoor adventure brand.
www.jambu.com

Capri

Your Love
Life

What to try in bed (not handcuffs!)

Humor is hotter. That's the message comedians Kristen Schaal and Rich Blomquist deliver in their new book, *The Sexy Book of Sexy Sex*. Will it lead to the best sex everrr? Nope, but it will crack you up. **By Lindsey Palmer**

Rich: Kristen, we need to add this to the book! Stop the presses! If we'd known that, we wouldn't have installed that drain in our bedroom.

You don't have kids, but how would you keep sex hot if you did?

Kristen: Well, I'd send them to boarding school.

Rich: Or put them in some sort of soundproof cocoon so you can have privacy. You don't want them hearing your smooth jazz from the other room.

Have either of you ever faked an orgasm?

Kristen: Never! If you fake it, your partner will never learn what you like. Right, Rich?

Rich: Well, unless you're a spy. If you're having sex to get secret information from your enemy, you might not really be turned on, and even if you are, you need to keep your wits about you so you can get the goods. So then you should fake it.

You must have a lot of sex to write a book on it. How much sex should people have?

Kristen: They say if you're not doing it three times a day, then you're not really living. Or, wait, do they say three times a week?

Rich: I suggest you do it anytime you feel bored.

Kristen: Right. If you find yourself watching a crappy reality-TV show, why not turn it off and go create your own reality?

Speaking of being a bit bored, what should couples do when they're in a sex rut?

Kristen: Make [a dry spell] last longer, because the longer the rut, the more powerful your first orgasm will be when it's over.

Rich: Yeah, it will be like emerging from a sexual cave. At first you'll be blinded, but then your eyes will adjust and you'll really enjoy yourself.

Have you two ever experienced a sex rut?

Rich: When we were writing the book, we put all our energy into it. We were just too exhausted.

Kristen: But we sometimes rewarded ourselves by reading passages aloud to each other to get off.

Rich: We read by candlelight. Now that it's all over, we're relieved. It's like the relief after really good sex!

Now, an on-the-level question: Why is humor so hot?

Kristen: Being funny means you're smart, and smart always equals sexy. We laugh all the time—even in bed. Sex should always be a mix of serious and silly. **R**



Kristen and Rich have been happily paired for three years, ever since he hired her to provide voice talent for *Snake 'N' Bacon*, an Adult Swim cartoon. Rich waited until Kristen finished the job to ask her out, so as not to mix business and pleasure. What a gent!

Kristen, you were just in *Dinner for Schmucks*, and Rich, you write for *The Daily Show*. What makes you two experts on sex?

Kristen: We're really good at it. I'm still recovering from the last time we did it. It was mind-blowing, wasn't it, baby?

Rich: Oh, yes. We're very sensitive to each other's needs. And we recently installed a drain in the middle of the floor of our bedroom so we can hose the whole place down after having our amazing sex.

You two have intense careers and a great sex life. Any tips for other busy couples?

Rich: Kill two birds with one stone by combining eating, which everyone has to do, with having sex.

Kristen: That's true. Couples always say, "Let's meet for dinner." So have sex while you eat a sandwich.

Everyone also takes showers. What about sex in the shower?

Kristen: Whoa, really? People can have sex in the shower?





The breakthrough to end breakouts.

Introducing new OXY® Clinical. The acne medication clinically shown to give your teen prescription-level results* without a prescription. The secret is our patented, continuous-action technology, which delivers pharmaceutical-grade medication longer. In fact, clinical data shows OXY® Clinical kills acne bacteria as fast as a leading topical prescription acne medication. Plus the gradual-release formula means it is as gentle as it is effective—so it won't overdry skin. You could say it's the breakthrough to end breakouts.

Discover the OXY® Clinical breakthrough with a **free sample and coupon** at oxyskincare.com. **Promo Code: REDBOOK**
Available where you buy skincare products.

OXY
CLINICAL

SIMPONI®, a full month of RA relief with one dose a month.

SIMPONI®, FOR MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) IN ADULTS.

Just one dose of SIMPONI® monthly helps relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. SIMPONI® is used with the medicine methotrexate. Methotrexate is taken as directed. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI® just once a month under the skin.

Ask your rheumatologist if SIMPONI® (golimumab) is right for you. Please read the Important Safety Information on the adjacent page.

Up and out,
back next
month

Visit www.4simponi.com or call 888-4 SIMPONI to see if you qualify for a full year of cost support.

SIMPONI® used with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

**IMPORTANT
SAFETY
INFORMATION**

SIMPONI® (golimumab) is a prescription medicine. SIMPONI® can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI® and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI® if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines.

For children and adults taking TNF blockers, including SIMPONI®, the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI® should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI®. Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI®. Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI®. Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI® such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI® include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI® and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09424R



Just one dose, once a month.

Medication Guide

MEDICATION GUIDE

SIMPONI® (SIM-po-nee) (golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?

SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.

- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
 - fever, sweat, or chills
 - muscle aches
 - cough
 - shortness of breath
 - blood in phlegm
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinate more often than normal
 - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer

- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?

SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:

- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?

SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:

- have an infection (see **"What is the most important information I should know about SIMPONI?"**).
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:

- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?

- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed **Patient Instructions for Use** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?

SIMPONI can cause serious side effects, including:

See "What is the most important information I should know about SIMPONI?"**Serious Infections****Hepatitis B infection in people who carry the virus in their blood.**

• If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.

- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems

Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.

- Tell your doctor right away if you get any of these symptoms:
 - vision changes
 - weakness in your arms or legs
 - numbness or tingling in any part of your body

Liver Problems

Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems

Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:

- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:

- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
 - a rash on your cheeks or other parts of the body
 - sensitivity to the sun
 - new joint or muscle pains
 - becoming very tired

- chest pain or shortness of breath
- swelling of the feet, ankles, and/or legs

• **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.

• **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:

- hives
- swollen face
- breathing trouble
- chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?

- Refrigerate SIMPONI at 36°F to 46°F (2°C to 8°C).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.**General Information about SIMPONI**

Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.

- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?

Active ingredient: golimumab.

Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:

Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421R

This Medication Guide has been approved by the U.S. Food and Drug Administration.



Simpsoni[®]
golimumab

The latest in smart eating advice:

don't skip dessert.



Dig in to a Smart Ones® Peanut Butter Cup Sundae with fudge sauce and ice cream on a chocolate cookie crust—it's just 170 smart calories.



Save at eatyourbest.com.

Body & Mind

It's time to take care of you

Simple ways to lose weight without even noticing

You could count calories obsessively—or drop 10 pounds in three months using these no-effort tricks. Totally your call.

By Anna Davies

In a perfect world, we'd eat only when we're hungry and stop at the first signs of feeling full. In reality? We shovel in lasagna while scrolling through status updates—then go back for seconds before we even know what we're doing. "Our surroundings affect how much we eat much more than you might think," says Brian Wansink, Ph.D., the director of the Food and Brand Lab at Cornell University in Ithaca, NY. To eat smarter and slim down, you might not have to change your actual diet at all, he says: "The trick is to change your environment and habits so you'll *automatically* eat less." Sound too easy to work? It's not. Make these simple tweaks and you could see 10 pounds melt away by the new year.

1 Don't eat during 30 Rock.

In one study, participants who ate in front of a TV inhaled 40 percent more potato chips than those seated at a table. Why? We're distracted by what we're watching, and the munching becomes automatic. Plus, "we have a tendency to feel like we need to eat until a show is over," Wansink says. ▶



Sure, you
can eat this
cookie—just
not in front
of the TV!

Body & Mind



Gentle relief from constipation.
And a happier colon.



Unlike stimulant laxatives, Phillips' Caplets provide overnight relief from occasional constipation without cramps by working more naturally with your colon.*

**Be good to your colon
and it will be good to you.**

www.phillipsrelief.com

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



© 2010 Bayer HealthCare LLC



=



Size matters Using a smaller plate means you'll serve yourself less—but it will seem like more.

2 Use smaller plates. The size of your dish affects how much you eat. "Even professionals will pack their plates if the space is available," Wansink says. In a study he did of fellow nutrition experts, those given bigger bowls helped themselves to 31 percent more ice cream than those given smaller bowls.

3 Store snacks out of reach. "In my research, a candy dish placed at an arm's length led people to eat an average of five more candies a day than they would have if the dish was six feet away," Wansink says. Putting cookies on high shelves and storing ice cream in the back of the freezer—while keeping good-for-you foods to the front—can help you make healthier, lower-calorie choices.

4 Keep serving dishes off the table. People eat about 20 percent less when food is served from a counter instead of family-style on the dinner table, according to other recent

research by Wansink. Having to stand up to get seconds gives you the chance to pause—and determine whether you really want more.

5 Slice up meats and cheeses. Instead of serving everything in chunks or filets, shred cheeses and slice meats before serving. People tend to think food is more generous when it's in smaller pieces, says Wansink, and therefore could feel satisfied even when eating less. Sneaky! **R**



=



Appetizer or main course? These plates contain the same amount of food—the second one just looks like a bigger portion of steak because it's served in slices.



*We boosted
our probiotics
with this*

*to give you
a little
extra help
with these.*

New Phillips' Colon Health Probiotic + Fiber has a special prebiotic fiber that not only helps support regularity, but also helps our probiotics work even harder. And Phillips' Colon Health contains a proprietary blend of 3 probiotics to help relieve occasional digestive symptoms naturally and support overall digestive health*.

Be good to your colon and it will be good to you.



www.phillipsrelief.com

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

© 2010 Bayer HealthCare LLC



Get Fit Fast

A full-body workout in 20 minutes? Yes, please!

Want firmer arms, sleeker thighs, and a flatter belly? This routine—a combo of Pilates and boxing moves that creator **Viveca Jensen** calls *piloxing*—will target everything that tends to jiggle. “Pilates tones your body without bulking your muscles, and boxing helps you feel powerful and gives you a great cardiovascular workout,” Jensen says. To burn more calories, keep your heart rate up throughout this workout by going from move to move quickly, without resting.

Do the routine three times a week—you’ll see changes in less than a month.

Viveca Jensen, a former ballerina in her native Sweden, runs the Piloxing Academy in Toluca Lake, CA, where she trains celebrities such as Alexis Bledel of *Gilmore Girls* and Hilary and Haylie Duff. To find a piloxing class in your area, or to check out Jensen’s workout DVD, go to piloxing.com.

What you'll need for this workout:

The model is wearing half-pound weighted gloves, but you can do this routine with half-pound wrist weights, or no weights at all. (You'll still get one heck of a workout!)



1 In-line skating with punch

Targets your butt, thighs, arms, and the sides of your abs

A. Stand with your feet hip-width apart, your knees soft, and your weight slightly shifted onto your right leg, holding your hands in fists under your chin, close to your chest, as shown. **B.** Take a big step back and to the side with your left leg, crossing it behind your right as you bend your right knee and punch your left arm out across your body, as shown. Return to start. Do eight reps, then switch sides and repeat. That's one set; do four sets.

To get the most out of this move: Make sure your punches are strong and controlled, not flailing. You should feel this exercise not only in your thighs and arms but also in the sides of your abs as you twist.



Weight loss surgery was not a “quick fix.” It was the start of my new life.

This was not a fly by night decision. I knew exactly what I was doing. This was the start of being there for my kids; of feeling better as a person; of getting more self-confidence, which was something I had been lacking for quite some time. It's not a quick fix. I still have to work at it every day and for the rest of my life, and I'm okay with that.

MIRANDA | REALIZE® PATIENT SINCE 2008

Get your free
REALIZE® Solution
information kit.



The REALIZE Solution* combines weight loss surgery with a Web-based clinical support tool bariatric surgeons, dietitians, and behavior modification specialists helped create. So you can achieve and maintain a healthier weight.

Visit REALIZE.com/offer or call 1-866-377-7569
to learn more about your next steps.

IMPORTANT SAFETY INFORMATION

Bariatric surgery may not be right for individuals with certain digestive tract conditions. All surgery presents risks. Weight, age, and medical history determine your specific risks. Ask your doctor if bariatric surgery is right for you. For more information, visit www.REALIZE.com or call 1-866-REALIZE (1-866-732-5493).

*The REALIZE Solution combines REALIZE mySUCCESS® with the use of select Ethicon Endo-Surgery Instruments for bariatric surgery.

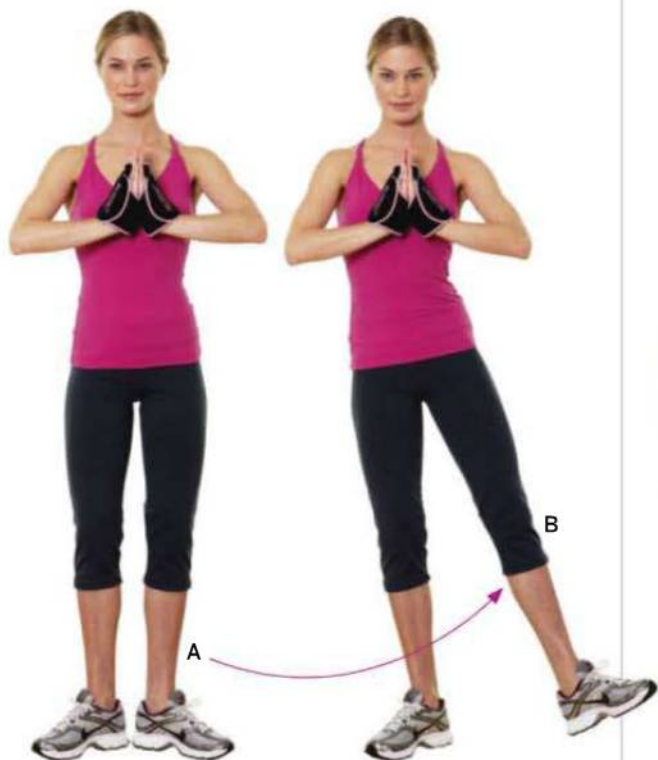
© Ethicon Endo-Surgery, Inc. 2010. All rights reserved. DSL# 10-0214

2 Inner-thigh pump

Targets your inner thighs

A. Stand with your legs together, feet turned out, hands together in front of you at chest level, as shown. **B.** In a smooth, controlled motion, lift your left leg out to the side a few inches off the ground, foot flexed, as shown. Pause, then lower. Switch sides, lifting your right leg a few inches. Repeat eight times on each side. That's one set; do four sets.

To get the most out of this move: Really focus on your inner thigh each time you lower your leg, squeezing with as much strength and concentration as you used to lift the leg.



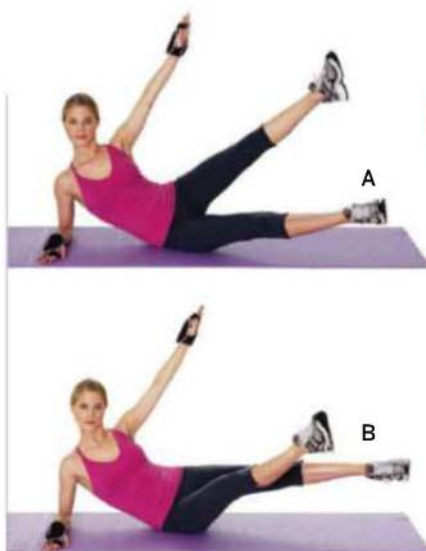
3 Side scissors

Targets your thighs and abs

A. Lie on your right side, propped up on your forearm, left arm raised in a diagonal, legs lifted and spread into a V, as shown.

B. Scissor your legs in the air, bringing your right leg forward and left leg back, as shown; return them to the V position. Do eight reps, then switch sides. That's one set; do four sets.

To get the most out of this move: Pull your belly button in and up, and keep upper body still while scissoring.



4 Standing side crunch

Targets your thighs and the sides of your abs

A. Stand with your feet about shoulder-width apart, right arm bent at chest level, left arm held up in a diagonal, then bend your left knee and lean into a slight lunge, as shown. This is your starting position. **B.** Stand up on your left leg, bringing your right knee and elbow together, as shown, then return to the start. Do eight times, then switch sides. That's one set; do four sets.

To get the most out of this move: Really crunch the sides of your abs as you bring your knee and elbow together, and try not to wobble. Start slow!



5 Piloxing plank

Targets your abs, back, and arms

A. Get into a raised push-up position with your legs straight out behind you, then place forearms on the floor, as shown. This is a plank. **B.** Keeping your upper body still, bring your knees to the floor, as shown, then straighten legs again. Do eight times. That's one set; do four sets.

To get the most out of this move: Pull your belly button in and up to engage your abs, and don't let your butt pop up or hips sink down.



Get up and get playing.

Between work, kids, school, homework and housework, it's not easy finding time for physical activity. In fact, the average person sits for nearly eight hours a day. That's why Nintendo and the American Heart Association are teaming up to offer you and your family accessible and fun ways to stay fit. Get moving with Wii Sports Resort™ and play over twelve different sports and activities like golf, canoeing and bowling, right in your own living room. Combine fitness and fun with Wii Fit™ Plus, and get active with over 60 different activities, including yoga, strength and balance training, and customized workouts. There's something for everyone to enjoy.

Visit activeplaynow.com for more information.



Get informed. Learn about the benefits of being physically active.

Get empowered. Make proper choices to create a healthier lifestyle.

Get active. Wii Fit Plus and Wii Sports Resort can play a part.



Working together to promote physically active play
as part of a healthy lifestyle

Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure

- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary on following pages.

For treatment of adults with moderate to severe Rheumatoid Arthritis

Cimzia. RA relief that can help you get a **better grip** on life.



Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.

Ask your doctor about the benefits and risks of Cimzia.

Pre-filled syringe designed for ease and comfort in partnership with **OXO GOODGRIPS**

Please read the Important Safety Information on the adjacent page.



cimzia[®]
(certolizumab pegol)

Visit cimzia.com/RA
Call 1-877-793-6410

Consumer Brief Summary for Cimzia®

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

cimzia®
(certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.

- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection.** (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer.**
- **have congestive heart failure.**
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis.**
- **are scheduled to receive a vaccine.** Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA.** See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section **"Patient Instructions for Use"** at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See **"What is the most important information I should know about CIMZIA?"**

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions.** Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you

Getting a **better grip** on RA can start with this syringe.

carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

- feel unwell
- tiredness (fatigue)
- poor appetite
- fever, skin rash, or joint pain
- **Blood Problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis.** Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions.** Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection.

CIMZIA has no preservatives.

Product developed and manufactured for:

UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080 U.S. License No 1736



Cimzia® is a registered trademark of the UCB Group of companies.

© 2009 UCB, Inc., Smyrna, GA 30080 All rights reserved.

Printed in the U.S.A.

OXO, Good Grips and the associated logos are trademarks of Helen of Troy Limited and are used under license.

CCD123-1209 4E



Guided by input from people with RA,
the CIMZIA syringe was designed for
ease and comfort in partnership with

OXO GOOD GRIPS

You may save up to \$500 on each CIMZIA
prescription if you qualify. Go to cimzia.com/RA


cimzia[®]
(certolizumab pegol)

For moderate to severe RA adults.

Anaphylaxis or serious allergic reactions may occur.
Hypersensitivity reactions have been reported rarely
following CIMZIA administration.

Please see Brief Summary on previous page.

The Naked Truth

Your most intimate questions, answered!



Q I have so much discharge that I need to wear a panty liner every single day. The liquid is clear, but is this normal—or could it be a sign of an infection?

A Things are probably fine. Some women simply have a lot of discharge—and others produce very little, even when they are aroused. Vaginal secretions are normal and help keep things clean and lubricated down there. As you no doubt have noticed, the amount and consistency may also change during the month: There's an upsurge right before you ovulate, when it becomes thin, like egg white; then, after ovulation, discharge decreases and may get clumpy. Normal secretions are usually white or clear, like yours, while discharge related to an infection will often have a bad odor, be discolored (yellow, green, or brown), or cause discomfort, like burning, itching, or pain. All of that said, common infections such as yeast or bacterial vaginosis *can* appear without any of the most obvious symptoms, so if this discharge is a new development, call your ob/gyn. And if it reaches a point where you have to change your liner several times a day, make an appointment right away. I recently saw a patient with a large volume of

watery discharge who had cancer of the fallopian tubes—it's an incredibly rare condition, but it can be one cause of heavy secretions.

Q I had my fingers crossed that the "female Viagra" pill would be approved by the Food and Drug Administration. Since it wasn't, what else can I do to rev up my sex drive?

A Medical options are limited. Viagra has helped many men, but it's been harder to find a pill to turn *women* on. Studies showed that women taking flibanserin, the "female Viagra" you're referring to, did report an average of 0.8 more satisfying sexual experiences per month than women taking a placebo, but the FDA concluded that wasn't enough to be considered effective. But you don't have to accept a lagging sex drive if it bothers you. First, see your doctor to rule out medical causes, such as depression or medication side effects. Once those are eliminated, try some *mental* stimulation, such as reading erotic books or watching sexy movies. And don't underestimate the power of an easy change like wearing sexy underwear or trying out new lubes. It's a simple concept, but very true: Novelty excites. **R**



Hilda Hutcherson, M.D., is a clinical professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons in New York City and the author of *Pleasure*. Send your questions to her at askhilda@redbookmag.com.

Women's top 5 sexual fantasies—and what they mean

Patients often ask me if sexual daydreams are normal. They are! Here's what the most common ones say about you.

1 Sex with another man (usually he's a celebrity). This doesn't mean you're dissatisfied with your real sex life, just that you're excited by new experiences—and, of course, gorgeous stars.

2 Ménage à trois. If you're picturing yourself with two men, you want to be adored and doted on—heck, maybe even

fought over. Thinking about yourself and your guy with another woman ignites the very sexy idea that other ladies find your guy attractive too.

3 Domination. This fantasy allows you to engage in sexual stuff that may seem taboo, without any guilt. Seeing yourself as submissive can signify a desire for a loss of control; freedom from responsibility is thrilling!

4 Sex with a woman. No, this doesn't necessarily mean

you're questioning your sexuality. It shows that you appreciate the sexiness of the female form (we are gorgeous)—and that you're open-minded about pleasure.

5 Last but not least: Sex with your guy. This is the most common fantasy for women. It's usually more exciting than your average roll in the hay—say, a replay of your hot honeymoon. And it simply means that sex with your partner turns you on. What a great thing!



Wrinkles and stretch marks bite.

XXXXXXXXXXXXXXXXXXXX

New StriVectin-SD Collection.

After 30 global patents, 25 years of scientific study including DNA skin cancer prevention, and numerous clinical trials, comes a re-engineered formula that includes greater peptide power and patented NIA-114.™ For you this means a super-charged way to aggressively fight deep wrinkles and stretch marks, enhance firmness and protect skin quality. Clinically proven for week-by-week results. No empty promises or hype. **More science. Less wrinkles.**

**Visit strivectin.com or call 1-800-530-3069,
and get a free StriVectin® gift with purchase.
While supplies last.**

StriVectin-SD®
8% NIA-114 + Peptide Actives™

We love our animals. No animal testing allowed.

Available at Sephora, Macy's, Bloomingdales, Carson Pirie Scott, Ulta and Lord & Taylor.



No longer a lunchbox staple: It's often not safe to send peanut butter to school anymore.



UPDATE!

The food allergy news everyone needs

One bite of a PB&J could actually kill certain kids and adults; that's the terrifying truth, and the reason we *all* need to help protect those with severe food allergies. But new research shows that—thank goodness—there are some things you can relax about. Our myths-and-truths report will help you know more and worry less. **By Melanie Howard**

It's hard to think of a health topic that stirs up more fear and confusion than food allergies. Thousands of schools in the United States have gone peanut-free. The Department of Transportation considered banning peanuts on airplanes nationwide. In the current climate, giving a toddler his first peanut-butter cracker has become an exercise in controlled panic (What if he stops *breathing*!?!). Even if you and your family are lucky enough not to be affected by potentially deadly food allergies, there's always the fear that you might inadvertently cause harm to someone who is.

The most reliable statistics show that food allergies affect between 6 and 8 percent of kids and nearly 4 percent of adults—

and rates appear to be climbing, with the incidence of peanut allergies doubling between 1997 and 2002. But many experts are now taking a second look at those numbers. The findings of a new review of more than 1,200 studies suggest that food allergies are often misdiagnosed, tests can be unreliable, and even doctors don't use a consistent definition of what an "allergy" is.

As a result, many people with problems ranging from lactose intolerance to food poisoning falsely believe that they—or their kids—are allergic, says Marc Riedl, M.D., an allergist at the David Geffen School of Medicine at the University of California, Los Angeles, and author of the groundbreaking report, which was published in the *Journal of the American Medical*

A steady diet of love starts
with the proper nutrition.



PURINA
PRO PLAN
Large Dog Food

PetSmart® now carries more specialty brands than ever. Introducing new Pro Plan Shredded Blend Large Breed Adult, Weight Management and Adult 7+ formulas.

Each dry variety features a savory blend of crunchy kibble and tender shredded pieces to give your pet 100% complete and balanced nutrition. And new Pro Plan Shredded wet varieties help promote ideal body condition and a strong immune system. Find them all at PetSmart, the best place for specialty food.

PETSMART
We love to see healthy, happy pets.™

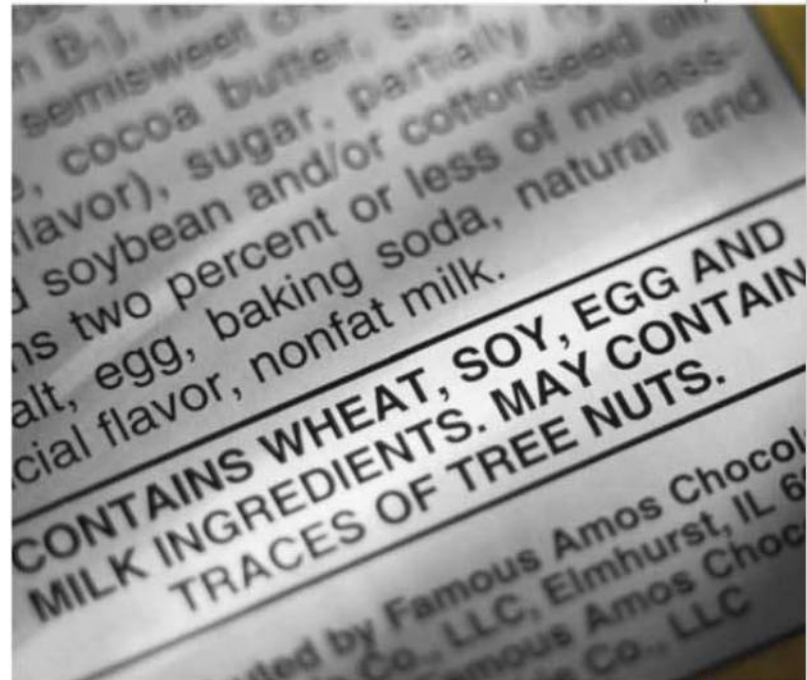
Download a coupon at www.petsmart.com/redbook

Association. “There is a perception that food allergy is more prevalent than it really is,” he says. It’s not surprising that the public and even doctors are confused: Riedl and his colleagues found that the vast majority of allergy studies they reviewed were inconclusive, poorly conducted, or lacking in some other key way. The good news is that the National Institute of Allergy and Infectious Diseases—together with more than 30 medical, government, and advocacy groups—is now sponsoring the first set of comprehensive national guidelines for the diagnosis and treatment of food allergies. REDBOOK obtained an advance draft copy of the recommendations and talked to top experts in the field to find out what every woman needs to know about this health issue now. The first order of business? Dispelling a few persistent myths that stir up fear and could make it harder for you and your family to get the care you need.

MYTH #1

Any reaction to food is an allergy

Between 50 and 90 percent of people who think they have an allergy actually don’t, according to the new proposed guidelines. “People think food allergies can cause nonspecific symptoms, like headache, fatigue, and mental fog,” Riedl says. “Those might be associated with a food *intolerance*, but they are not a true allergic reaction.” Allergic reactions occur shortly after eating a food (generally between two minutes and two hours, Riedl says), and they happen every time the food is eaten, no matter how small the amount. They cause the immune system, which normally protects us from invaders such as bacteria and viruses, to attack a food protein by mistake and produce a food-specific antibody called IgE. The antibody then triggers the release of chemicals like histamines, causing symptoms ranging from hives, redness, and itching (often beginning on the roof of the mouth) to diarrhea and vomiting—and, of course, the most serious of effects: throat swelling, difficulty breathing, and even anaphylactic shock or death. Eight foods account for nearly all food allergies in the United States: milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.



Food intolerances, on the other hand, cause a wide variety of symptoms, such as headaches or gastrointestinal problems like bloating, gas, loose stools, and nausea. (For more specifics, see “Is It an Allergy or an Intolerance?” below.) Common intolerances include those to lactose in milk-based dairy products, sulfites in red wine, or the flavor-enhancer MSG.

Expert advice: It’s important to know whether you have a true allergy. Someone with an intolerance or sensitivity to something can often eat small portions of that food with no ill effects, whereas even a trace of a food you’re allergic to can prompt a serious or even deadly reaction.

So if you or anyone else in your family is having weird reactions to certain foods, or having digestive issues in general, don’t jump to the conclusion that it’s an allergy; eliminating foods from your diet can cause anxiety and nutritional imbalances. Instead, make an appointment with your doctor or pediatrician ASAP. She can help you figure out whether you should see an allergist for further testing (more on that in a minute) or if another medical specialist—such as a gastroenterologist—

Is it an allergy or an intolerance?

While signs of food intolerance can vary depending on which food you’re sensitive to, allergic reactions are the same no matter what—and they happen whether you eat a little or a lot of the food. These symptom checklists can help you narrow down which condition you’re dealing with.

ALLERGY

- tingling or itching sensation in and around the mouth
- swelling of the tongue and throat
- difficulty breathing
- hives
- vomiting, diarrhea
- drop in blood pressure or fainting
- reactions usually happen within two minutes to two hours of eating

INTOLERANCE

- bloating
- abdominal pain
- diarrhea
- flushing or a sensation of warmth
- headache
- tightness in the chest or difficulty breathing (especially after drinking wine or eating dried fruit)

DON'T LET PESTS RUIN THE BEST DAY EVER.



SINCE YOU CAN'T KEEP YOUR PUP IN A BUBBLE, WHAT CAN YOU DO?

Use K9 advantix®. Wherever they go, it protects your dog from 5 kinds of pests. It repels and kills ticks, fleas, and mosquitoes, plus repels biting flies, and kills lice too. Frontline Plus® can't say that. Go to K9advantix.com



K9 advantix. 5 ways to say I love you.



K9 advantix is for use on dogs only. ©2010 Bayer HealthCare LLC, Animal Health Division, Shawnee Mission, KS 66201 K10452
Bayer, the Bayer Cross and K9 advantix are registered trademarks of Bayer. Frontline® (or Frontline Plus™) is a registered trademark of Merial.

Body & Mind

would be able to offer more help, says Maria Acebal, vice president and general counsel of the Food Allergy & Anaphylaxis Network (FAAN), an advocacy and education group.

MYTH #2

A positive allergy test means you're definitely allergic

A negative skin or blood test rules out nearly all food allergies, but positive tests are less than 50 percent accurate. Although experts aren't sure why, many people who get tested have IgE antibodies to foods—but they have no allergic reaction and therefore no true allergy, says Hugh A. Sampson, M.D., director of the Jaffee Food Allergy Institute at the Mount Sinai School of Medicine in New York City. "There are cases of people who have lots of positive tests, and if you eliminate all those foods, you can have a nutritionally deficient diet," he says.

Children in particular may have antibodies to many different foods, and that's where things can get especially concerning. Sampson says he's seen reports of children suffering from malnutrition due to overly restrictive elimination diets—kids who, after further evaluation, were able to safely eat virtually all the

foods their parents had removed from their diet. And although that's less likely to happen to a grown woman, believing that you are allergic to something when you're not can end up unnecessarily limiting your life, causing you to avoid social gatherings or even eating out at restaurants.

Expert advice: In addition to a traditional skin or blood test, the new guidelines will recommend that patients with a suspected food allergy also get a thorough physical exam and have a full medical and family history taken (food allergies often run in families). "Your provider should ask the right questions, such as your symptoms, how soon they occurred after you ate the food, and whether the symptoms occur every time," says Wesley Burks, M.D., chief of pediatric allergy and immunology at Duke University School of Medicine in Durham, NC. If she doesn't ask those questions, get a second opinion.

MYTH #3

Once you have a food allergy, you will have it for life

Ready for some good news? An estimated 85 percent of children will eventually outgrow their allergies to egg and milk, and

ANOTHER NEW RAISINET? THIS SHOULD BE INTERESTING.

FOLLOW THE DELICIOUS DRAMA AT YOUTUBE.COM/RAISINETS



IN THE CANDY AISLE!

SAY HELLO TO CHERRY, the newest member of the Raisinets family. Covered in rich dark chocolate and bursting with flavor, Cherry Raisinets® provide a half-serving of fruit in every quarter cup. But what do the Original Raisinets think of their new sister-in-chocolate? See for yourself at youtube.com/raisinets.

NESTLE® and RAISINETTS® are registered trademarks of Société des Produits Nestlé S.A., Vevey, Switzerland.

nearly all of them outgrow allergies to wheat and soy, according to FAAN. Unfortunately, allergies to peanuts and other nuts are apt to persist, with only 20 percent or fewer of allergic kids eventually being able to eat them safely. If you develop an allergy to a food in your teens or as an adult—which can happen quite suddenly—that, too, is more likely with you to stay.

Expert advice: Research has shown that children with more than one food allergy are often shorter in stature than their non-allergic peers, possibly because they miss out on key nutrients such as protein and calcium from foods like eggs and milk. The sooner a child outgrows an allergy and you can add those foods back into her diet, the better—but it's obviously not safe to experiment with this at home.

That's why the new guidelines recommend that parents have their children professionally reevaluated for allergies regularly. Exactly how often varies on a case-by-case basis, Acebal says, but some children may undergo blood tests as

Less than
50% of
people who
think
they have
a food
allergy
really do.

frequently as every year. If the tests show that IgE antibody levels have fallen low enough and your doctor feels that an allergy is truly abating, she may decide to use a food challenge. In this kind of test, done only in a doctor's office that's stocked with proper medication and equipment, the patient is exposed to tiny amounts of the allergenic food to gauge the reaction.

MYTH #4

What you eat can give you (or your kids) food allergies

You hear it all the time: a mom blaming herself for causing a child's allergy by eating too much peanut butter or some other item while she was nursing or pregnant, or by giving a food to her baby when he was too young. But the idea that diet can trigger an allergy may be just an old wives' tale: Riedl's research found conflicting evidence that a mom's diet during pregnancy or breast-feeding can do any such thing. ►

ALEX CAO/GETTY IMAGES.



THE SECRET TO GETTING TWICE THE STAIN FIGHTERS INTO OUR LIQUID DETERGENT?





Adventure On.™

*Keep your
active lifestyle,
just do it in
comfort and style,
Adventure On.™*



Istanbul



Venice



Torino

www.J-41.com

Available at select Macy's

Body & Mind

As for feeding a child nut products, milk, or eggs too early, the research is also pretty shaky. In fact, some experts are beginning to believe that the opposite may be true—that feeding your child small amounts of highly allergenic foods like peanuts at an early age may actually encourage tolerance and be an effective way to help ward off future food allergies, Acebal says. The jury is still out on this last point, but a major new research effort, funded in part by the National Institutes of Health, is under way to help clear up the matter once and for all.

Expert advice: For now, discuss the to-feed-or-not-to-feed issue with your child's pediatrician. She can take your family history of allergies and other info about your family's diet and lifestyle into account and help you decide which foods to give your child and when.

MYTH #5

There is a cure for food allergies

The Internet is rife with websites hawking food-allergy "cures." Some involve diets, others are based on herbs and potions, but none of them have been shown to be safe or effective in solid medical studies, Sampson says.

Some alternative health practitioners also offer immunotherapy, treatments that are meant to desensitize a patient to an allergen through regular exposure to it, either orally or through injection. While certain types of immunotherapy have been successful in clinical trials, the new guidelines—and medical experts we talked to—strongly warn against it. "Some studies found that oral immunotherapy appears to be able to desensitize about 80 percent of people with food

Suddenly everyone's "allergic" to wheat. What's up with this new trend

"A lot of women are going wheat-free these days," says Ashley Koff, R.D., a dietitian in Beverly Hills, CA. Odds are you know a woman who's sworn off bread, pasta, cereal, and crackers, blaming it on a wheat "allergy" or saying she just feels better without it. The trend is big business: Sales of products made without gluten, a protein found in wheat and other grains, have skyrocketed. By some estimates, gluten-free will be a \$2.6 billion industry come 2012.

What's behind this trend? Not a true increase in allergies: Though wheat is one of the eight foods people

are most likely to be allergic to, according to the Food Allergy & Anaphylaxis Network, kids are the ones who are usually allergic to it, and many of them outgrow it. For some women, going wheat-free may be just a way to cut carbs—the Atkins diet 2.0. But it doesn't always contribute to weight loss, Koff says.

That said, many people do have real issues caused by the grain, Koff says. Some may have a wheat sensitivity, a condition that doesn't have a true medical definition but means you get cramps, bloating, or diarrhea after eating it—or even celiac disease, an

autoimmune condition in which the body can't process gluten.

The fix for those with celiac or a sensitivity is often reducing or eliminating wheat and gluten from your diet. But Koff warns against doing this without professional help, because nixing wheat and other grains means you may come up short on folate and iron, two nutrients that are especially important for women. So see your doctor if you suspect something's up; she can give you a simple blood test to rule out celiac, then help you determine whether it's wheat that's giving you a hard time, or something else.



NEWHOUSE NEWS SERVICE/LANDOV

allergies,” Sampson says, “but the participants received the therapy on a daily or almost daily basis, and when they stopped, most reacted again.”

Expert advice: Don't believe the allergy-cure hype. Some treatments aren't just phony, they're potentially deadly: Falling for a “cure” could lead someone to think it's okay to eat a food that could kill them, Sampson says. “Fortunately, most of the patients we end up seeing have just read about these things on the Internet, rather than actually trying them,” adds Burks. Allowing any practitioner, even an allergist, to attempt immunotherapy

(which is still in clinical trials) could also be dangerous, experts say.

The good news for those with food allergies is that specialists like Sampson believe that better therapies are coming. How soon remains to be seen. Of course, for adults and kids affected by severe food allergies—who know that tiny amounts of potentially deadly allergens such as peanuts can show up in the most unlikely places—change can't happen quickly enough. But it

does seem that the issue is finally getting the research dollars and expert attention it deserves. “The new guidelines and the teamwork it takes to draft them will refocus the investigative community on getting more of the answers we need,” Sampson says. “And it will make everyone more secure that what is being done and recommended is based on good evidence and the top medical opinions.” **R**

Melanie Howard is a freelance health writer in Alexandria, VA—and mom to two kids with food allergies.

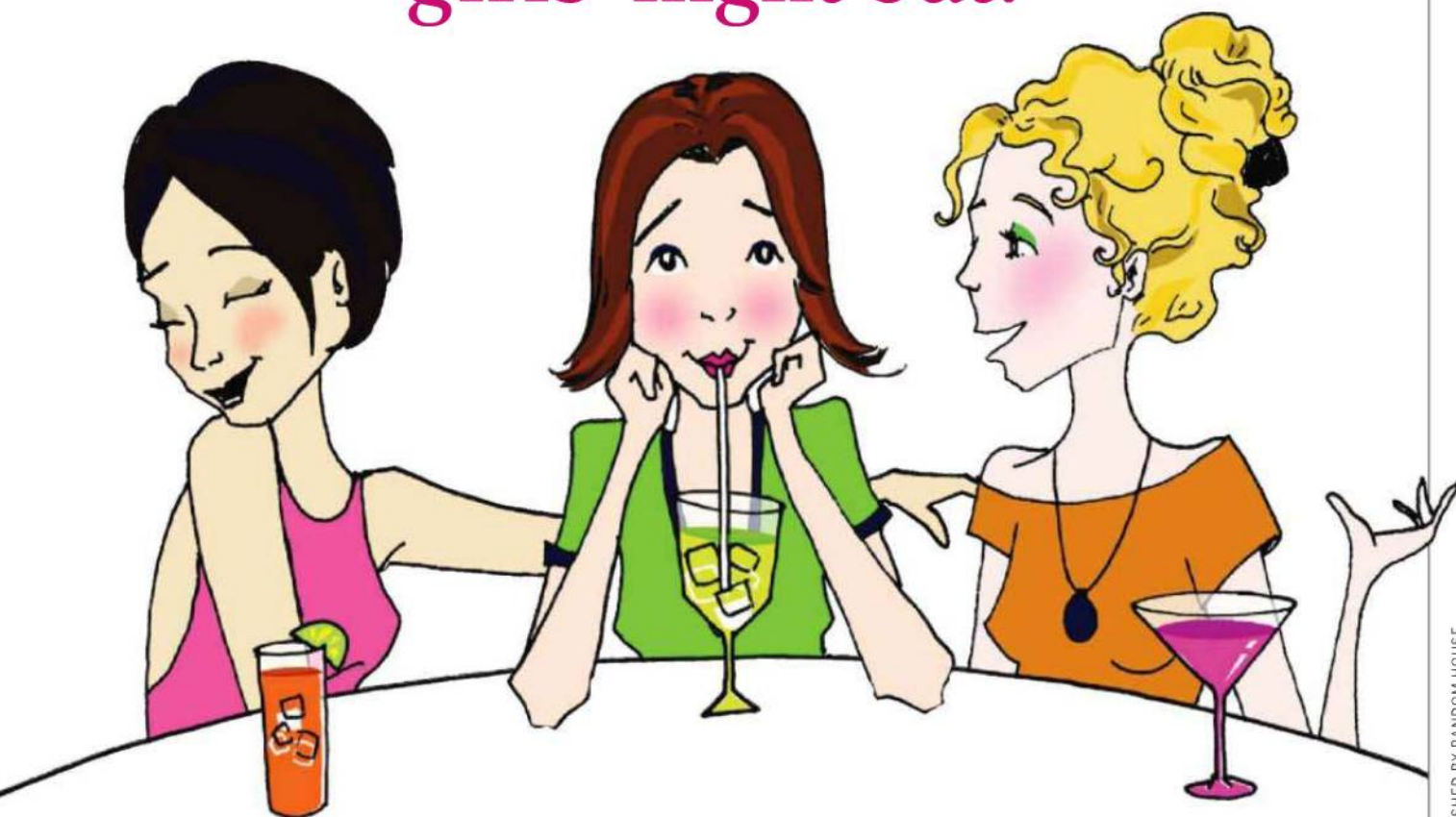
WE MADE IT A GEL.

The muscle of Baking Soda combined with twice the OxiClean® Stain Fighters—that's gel strength.

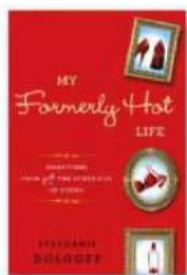
INTRODUCING ARM & HAMMER® PLUS OXICLEAN® POWER GEL

SWITCH AND SAVE UP TO 50%.*
*per load, vs. Tide Total Care

When's your next girls' night out?



Make it soon. It may take 53 emails and a month to plan, but writer **Stephanie Dolgoff** reveals why those precious few hours of girlfriend time are always worth it.



Adapted from
*My Formerly Hot Life:
Dispatches From
Just the Other Side
of Young.*

Remember when setting up a date with friends used to mean a couple of 30-second phone calls or maybe a group email? Now, if you're like me, it involves a series of high-level negotiations, painful compromises, expenditure of precious marital capital, and backroom dealings that rival what it takes to pass health-care reform. Below is more or less the process I go through to overcome the combination of exhaustion, inertia, ever-present responsibilities, spousal scheduling complications, and pediatric dental emergencies to deliver my butt onto that bar stool next to my friends.

Step 1 Someone, struck by a wave of optimism mixed with nostalgia, blithely suggests we "all meet

for a drink sometime soon." Hey, that sounds great, looking forward, blah de blah. Let's pretend we're unencumbered and free to dispose of our leisure time as we wish! Whee! See you then!

Step 2 She initiates a volley of emails between invited parties—there are maybe seven women it would be so great to see—in order to come up with a date upon which we can agree. Due to all of our numerous obligations, this date is often several months hence.

Step 3 Two weeks before said date, a second round of email badminton begins between friends about whether said night is, in fact, okay. ►

DUNK!

DON'T!!

OREO
CHOCOLATE
CAKE!

SOFT
OREO
CREME!

THEY WERE
MADE FOR
DUNKING!
DUH!



DUNKING
IS FOR OREO
Cookies
ONLY!!!

DOES THAT LOOK
LIKE AN OREO
COOKIE?!

DUNK IT FOR
YOURSELF!

OREO
Cakesters
Soft Snack Cakes

OR
DON'T!

FACEBOOK.COM/OREO

There's value in swishing into a bar, family- free, yelling to be heard over loud music.

The email back-and-forth is repeated until a truly agreed-upon date is arrived at and everyone is cc'd, followed by phone calls to child-care providers. One if not two or three invitees will drop out. In our case, three women remain: Julie and Kristin and I. There are six children under 6 and one guinea pig between us.

Step 4 The day before the date, research begins in earnest as to where to go. None of us have been out with any regularity in years, so it is unclear which bars/clubs/lounges are still operational, let alone cool. You'd think anyplace where they serve alcohol would be fine, but actually the opposite is true. God forbid we should go out once every six months and wind up someplace that sucks! With the scarcity of

free time that coincides with available babysitting, you want to make sure that every social outing is a slam dunk. No pressure.

Step 5 We arrive at 7, congratulate ourselves on our choice of venue, wonder why it's so empty (hint: It's 7!), and spend way too much time deciding on our drinks. I order something with the word *sunrise* in the name. Kristin orders her regular, rum and ginger ale, and Julie orders

something with an ingredient no one has heard of, as if this will be her only chance to try it. It may well be. Three cocktail trends will have come and gone by her next furlough, and she knows it.

Step 6 By 8:30 we're woozy, talking about our children, quoting unwittingly deep things they've said recently ("Mom, why

don't the people with more money just share it with the people who have less?' When you really think about it, why don't they?"). It gets a little bit maudlin.

Step 7 By 9:30, my left eye is twitching from fatigue, several conversational threads have begun with "I love my husband, but..." and we're starting to think about how early we have to wake up the next day. We're out the door by 9:45, and the next day I feel as I remember feeling the one time I did Jell-O shots at a room-to-room in college. I had but two drinks. We are each down \$65 (we ate something, too) but take comfort in the fact that we rarely go out, so hey, big deal, right? We deserve a little fun.

And it was fun, just not as much fun as it used to be when my body didn't shut down so early. These days I am awoken at 6:30 by children asking where I hid the baking soda and vinegar because they want to make a volcano like the science dude on TV—on the rug. Plus the people-watching, guy-scoping aspect of the bar scene is pretty well moot when you go out with your married girlfriends whom you don't see often enough.

Still, the next time someone suggests drinks, I'll most certainly do it all again. And I'll call it fun, even though it feels like fun's much older half-sister from Dad's failed first marriage. Because there is a certain value to swishing into a bar, kid- and husband- or boyfriend-free, ordering something with a goofy name, and remembering what it's like to have to yell to be heard over loud music. If nothing else, it's lovely to come home, hoarse and tired, and be happy to be there. And I got to see my girls. **R**

YOUR NEXT G.N.O. COULD BE FREE!

Make your happy hour with your girls a little happier when you enter to win 1 of 20 \$50 gift cards to Chili's! For details, turn to page 233.



They say that beauty is skin deep. So exfoliate conservatively.

Zappos
POWERED by SERVICE™

FREE SHIPPING BOTH WAYS

1.877.927.2330
Happy to help. 24/7.



Get it together! How you make time for your girls.



"My girlfriend and I have started doing 'coupon dates,' letting sites like groupon.com decide our fate. Our latest outing? A half-price pole-dancing class! The next coupon we're going to use is for a wine and cheese tasting. Since the coupons have expiration dates, it's guaranteed we'll take some time from career and general life craziness to get some quality girl time!" —Deanna Jue, 29, Atlanta

"Instead of heading out to a bar, about five of us do a 'happy-at-home hour' night. The idea is to gather together for a few hours over margaritas, snacks, and a whole lot of laughter!" —Lisa Bertrand, 37, Ballwin, MO

"I love to motorcycle, and over the years I've met a group of women who share the same passion. Now we all plan rides where we can connect. One time, 10 of us met for a beach breakfast ride. Along the way, we invited two other women riders we met to come join us!" —Marilyn DeMartini, 50, Fort Lauderdale, FL

"My friends and I are the mommas who mountain bike! That way, we can get a workout in while we're socializing." —Jessica Henley, 36, Golden, CO

"This year I moved to a different state, so my friends and I stay in touch by reading the same books, then catching up once a week on

a conference call. We're currently going through a book called *The Artist's Way*, which suggests activities to help you tap into your creativity. Each day when I write my 'morning pages,' a journal activity from the book, I feel connected to my friends because I know they are doing it too." —Thea Lobell, 41, Columbia, SC

"My best friends are from med school, and we all have crazy schedules, so we get creative with the calendar. For instance, I've driven to the grocery store a few towns over just to meet up and shop with my friend Leslie. It gave us an hour to push the cart around and spend time together." —Dawnmarie Riley, 41, Fresno, CA



Stephanie Dolgoff lives in New York City with her husband and twin girls. She blogs about being too young to be old and too old to be young at formerlyhot.com.

KELY NASCIMENTO-DELUCA

Menopause. Discover how to let go...



New One A Day® Women's Menopause Formula helps you let go of some of the annoying symptoms menopause brings. It's the only¹ complete women's multivitamin with soy isoflavones to help address hot flashes and mild mood changes.* **More of What Matters to You.**

Go to LiveMenopause.com to share your menopause experience.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

¹Among leading brands.



NEW
STEAM
POUCH

FOOD
MYTH
#9

AFTER A LONG DAY,
I SO HAVE THE ENERGY TO
WHIP UP
A NICE **DINNER.**

YOU'RE KIDDING, RIGHT?

Introducing new LEAN CUISINE® Market Creations. The amazing steam pouch gives you crisp vegetables, tender chicken and al dente pasta, all freshly steamed with zero fuss. It's a dinner revolution, exclusively from LEAN CUISINE®.

LEAN CUISINE
keep life delicious.™

VISIT LEANCUISINE.COM FOR 8 NEW MUST-HAVE VARIETIES.



LEAN CUISINE
MARKET CREATIONS

Yes, You Can...
Get Healthier *Fast*

REDBOOK

10-minute health fixes

How to boost your energy,
shape up, and zap stress—
in less time than it takes
to blow-dry your hair.

By Kristyn Kusek Lewis

Doctors say one of the biggest mistakes they see women make is putting themselves—and their health—dead last on their list of to-do's. ***Impress the boss: Check! Beg the husband to get a physical: Check! Make sure the kids eat a veggie today: Check! Sneak in a workout: Oops—that one fell off.*** We get it. That's why REDBOOK asked top health experts for quick fixes to help even the busiest woman stay well and feel her best. Which will you try first?



10-minute health fixes

01:00

Add two new foods to your grocery list

When you write your next shopping list, challenge yourself to come up with a couple new alternatives to your usual staples. "Diversity is essential to a healthy diet," says Janet Brill, R.D., Ph.D., the author of *Cholesterol Down*. "The more variety you have, the greater number of nutrients your body gets." Some healthy swaps to try: Replace rice with protein-packed quinoa, peanut butter with cashew butter, and mayo with guacamole or fiber-rich hummus.



07:00

Can't live without coffee?

Don't! Good news: Drinking two to four cups of java a day can protect your heart, lowering the risk of cardiovascular disease by 20 percent, a study found. Go ahead, brew a big pot!

00:10

Stash your sunglasses

Do you put on your shades every time you head outside? Try taking them off the next time you need a pick-me-up, says Tara Brass, M.D., a psychiatrist in New York City. This kind of short-term exposure to sunlight signals your brain to stop producing melatonin, a sleep-inducing hormone, and gives you a quick energy boost. (Just be sure to limit sunglass-free time to 10 minutes, because UV rays could damage your eyes.)

00:30

Unplug your gadgets for a while

Ask any woman what one of her biggest health concerns is and you're sure to hear, *Stress!* Here's a quick way to lower yours: Simply turn off your phone and computer. In a study from the University of California, Irvine, people who were interrupted by phone calls and IMs while trying to finish a project had higher levels of stress and frustration than those who were able to focus ding-free.



ADVERTISEMENT

KEEP YOUR LIFE

**HAPPY—
AND BALANCED****Want to live a happy, balanced lifestyle?**

Let Lean Cuisine® help. It's time to stop skimping on the foods we love and start enjoying them! The LEAN CUISINE Book of Truth busts those little white lies we all tell ourselves about eating right, and shows us how to have all of the flavor and none of the compromise. Don't sacrifice a thing—Keep Life Delicious!



**YOU CAN'T PULL A
FRESH TASTING DINNER
OUT OF A BAG**

SAYS WHO?!



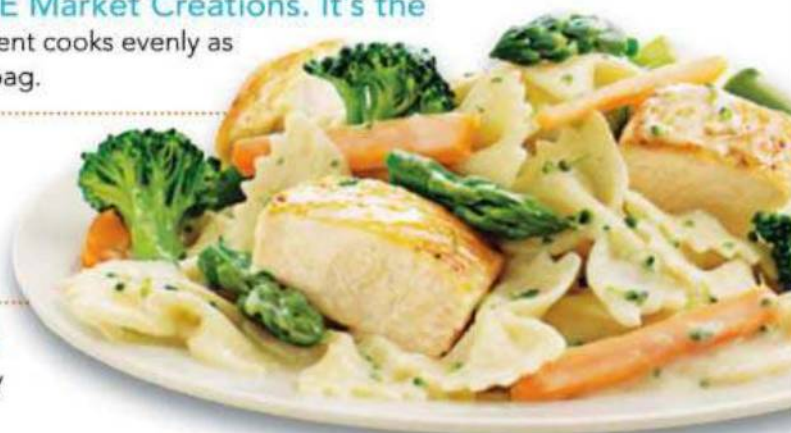
Introducing **New LEAN CUISINE Market Creations**. It's the better way to steam! Each ingredient cooks evenly as steam gently circulates throughout the bag.



The amazing new bag steams the finest ingredients fresh in minutes—for crisp veggies, al dente pasta, and tender, white meat chicken.



You've never tasted frozen food like this before! Steamed fresh, every bite is full of fresh-tasting flavor.

**Garlic Chicken**

White meat chicken with bowtie pasta, asparagus, broccoli, and carrots in a creamy garlic Parmesan sauce



LEAN CUISINE
keep life delicious.™



10-minute health fixes

00:30

Take a deep breath... of cucumber!

Feeling stressed? Try applying cucumber-scented body cream, or add slices of the veggie to a tall glass of ice water, says Alan Hirsch, M.D., the neurological director of the Smell & Taste Treatment Center and Research Foundation in Chicago. In one study, Hirsch and his colleagues placed participants in an enclosed, stuffy space (he described it as "coffin-like") to induce anxiety—and found that those who inhaled the fragrance of cucumber reported feeling less tense and had lower heart and respiratory rates. Not a cucumber fan? The scent of green apple works too, the research found.

**00:30**

Spice up dinner

"Herbs are a no-calorie way to make meals taste better and improve your health—most spices have tremendous antioxidant and anti-inflammatory effects," says Molly Kimball, R.D., nutrition director at the Ochsner Clinic's Elmwood Fitness Center in New Orleans. Try rosemary or turmeric in your burgers: A recent study found that they counteract carcinogens that can be produced during cooking. Or add oregano to your pasta sauce: Other research found that it contains the most potent antioxidants of any herb.

00:10

Slip off your shoes. Every day, spend some time walking around barefoot. It'll strengthen your inner foot muscles and ankles and help soothe sore feet, says Katy Bowman, director of the Restorative Exercise Institute in Ventura, CA.

02:00

Eat an apple a day—for real

Yes, you've heard it your whole life, but try actually *doing* it: A Penn State study found that people consumed almost 200 fewer calories when they ate an apple 15 minutes before lunch than when they didn't. (And as of this month, apples are officially in peak season!)

03:00

Make an emergency health card

Carrying your health insurance ID in your wallet means you can pay for care, but to be sure that you get proper help in the event of an accident, write down the following info on a piece of paper and wrap it around your card, advises Marie Savard, M.D., an ABC News medical contributor and the author of *Ask Dr. Marie*: Your regular medications and dosages, any allergies or chronic conditions, and an emergency contact. It's a good idea to do so for all family members, she says.

ADVERTISEMENT

KEEP YOUR LIFE
HAPPY—
AND BALANCED

2
FOOD
MYTH
#12

A FRESH TASTING DINNER MEANS **WORK, WORK, WORK**

NOT ANYMORE!

We know your life is busy, and now you can take dinnertime prep off your to-do list. With **NEW Lean Cuisine® Market Creations**, you don't have to spend hours in the kitchen after a long day. Thanks to the amazing new steam bag, a fresh-tasting meal is yours in minutes.

Say goodbye to chopping and peeling. Relish in the pleasure of a meal just for you.

1 Pop a bag in your microwave
Let the amazing steam bag do all the work!

2 Pour onto plate
Oh-so easy—dinner is served!

3 Relax & Enjoy!
One of 8 delicious fresh-tasting dinners.



Mushroom Tortelloni
Portobello mushroom and cheese stuffed tortelloni with snap peas, sun-dried tomatoes, peas, and red peppers in a creamy mushroom sauce

LEAN CUISINE
keep life delicious.™



10-minute health fixes

10:00

Check your vaccine record

If you have kids, they're probably up-to-date on their shots, but are *you*? Call your doc to find out if you've had the immunizations all women need, advises Paul Offit, M.D., director of the Vaccine Education Center at Children's Hospital of Philadelphia. They are: flu (annually); Tdap, which protects against tetanus, diphtheria, and pertussis (whooping cough); Varicella (if you didn't have chicken pox as a kid); and the hepatitis B vaccine.



01:00

Lighten up... by putting a silly object in your purse to remind you to relax a bit. "Research shows that humor immediately deflates stress," says Steven Sultanoff, Ph.D., a clinical psychologist and professor at Pepperdine University. What does he carry around? A clown nose and an Elvis driver's license—no joke!



05:00

Memorize three phone numbers

Instead of letting your smartphone do the work, exercise your brain. "We need phone numbers all the time, and using strategies to recall them is a terrific way to flex memory muscles," says Cynthia Green, Ph.D., an assistant clinical professor of psychiatry at the Mount Sinai School of Medicine in New York City.

09:00

Burn more calories—in less time

Short, high-intensity bursts of exercise are proven to torch calories and keep your metabolism revved for hours. Try this mini-plan from Florida trainer Marissa Lysaght: After a three- to five-minute brisk walk, do eight 20-second sets of squats or jumping jacks, resting for 10 seconds between each exercise. *Whew!*

00:40

Say good-bye to "desk neck"

The next time your neck or shoulders ache, try this stretch from Andrea Metcalf, a celebrity trainer in Chicago. Sit in a chair, hold on to the seat with your right hand, tilt your head toward your left shoulder, and use your left hand to gently press your head further; hold for 10 counts. Next, lift your chin up while drawing your shoulders toward the floor for 10 counts, then lower your chin to your chest for 10. To end, hold on to the seat with your left hand and tilt your head toward your right shoulder, gently pulling on it with your right hand for 10 counts.

ADVERTISEMENT

KEEP YOUR LIFE
HAPPY—
 AND BALANCED

FOOD
 MYTH
 #22

NOTHING'S BETTER AFTER A
LONG DAY THAN
 A GIANT PLATE OF
LETTUCE



YOU'RE KIDDING, RIGHT?

Life is meant to be enjoyed! The good news: With **8 new fresh-tasting varieties**, there's a Lean Cuisine® Market Creations meal for your every mood.

Shanghai-Style Shrimp



Chicken Alfredo



Chicken Margherita



Asiago Cheese Tortelloni



Sweet & Spicy Ginger Chicken



LEAN **CUISINE**
 keep life delicious.™

leancuisine.com



CHEW ON THIS!

Hungry Girl dishes out fresh advice for staying on track throughout the day...

- Start your day off right. Most cereal bowls hold way more than the average serving size. Keep an eye on your portions so you don't overdo it.
- If you like to eat lunch early and find yourself starved by dinnertime, try this: Split your lunch into two mini meals for all-day energy and ultimate satisfaction.
- Stock up on your favorite frozen entrees. That way, you'll always have a delicious meal on hand—even on the busiest of days.

For a dose of guilt-free tips, tricks, food finds, recipes and more, visit **hungry-girl.com** and sign up for free daily emails!

ADVERTISEMENT

INTRODUCING A DINNER REVOLUTION, EXCLUSIVELY FROM LEAN CUISINE®



It's the goodness we put in that makes every LEAN CUISINE Market Creations dish a deliciously steamed meal you'll truly enjoy. Each recipe is prepared with select ingredients that all steam perfectly in our new amazing steam bag - delivering crisp vegetables, al dente pasta, and tender chicken or shrimp. Enjoy dinner like you've never had it before!



Good Food, Good Life

LEAN CUISINE
keep life delicious.™



Find us on Facebook

leancuisine.com

**FOOD
MYTH
#35**

WHEN YOU GO WITH
FROZEN
 IT CAN'T BE
REAL.

**BOOK
OF
TRUTH**

SO NOT TRUE!

Go with Lean Cuisine® Butternut Squash Ravioli. It's made with real ingredients like farm-picked vegetables, 



Parmesan cheese, crunchy  walnuts and natural sea

salt. And it's just 1 of 90 mouth-watering dishes with no preservatives! Now that's healthy thinking.



LEANCUISINE
 keep life delicious.™
 LEANCUISINE.COM

Customer Care Manager

From: Deanna Bobiwsky
Sent: September 03 2008 / 15:23
To: Bio-Oil Customer Care
Subject: Thank you Bio-Oil!

I started working at my nearby drug store and was assigned to train in Cosmetics, thankfully for that I was introduced to Bio-Oil and I must say it is the greatest!

After only using the tester twice a day after my first 2 weeks of work my skin had such a great improvement and is so soft and healthy! I was so happy afterwards as I usually have really rough hands from work and just from around the house... really keyboard worn and everything.

Thank you Bio-Oil for the greatest oil, I am thankful that I can still suggest it to my co-workers and others even if I am in the Photo department now. It is amazing being able to talk about skincare now and then, and Bio-Oil is the best out of anything!

Keep up the great work!

And thank you for making the greatest product ever.

D. R. B.
 Deanna Bobiwsky
 Richmond, VA

09/03/2008

Printed with the kind permission of the writer.

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at drugstores and selected retailers from \$11.99 (2fl.oz.) and \$19.99 (4.2fl.oz.). Individual results may vary. For more information ask your pharmacist or visit bio-oil.com.



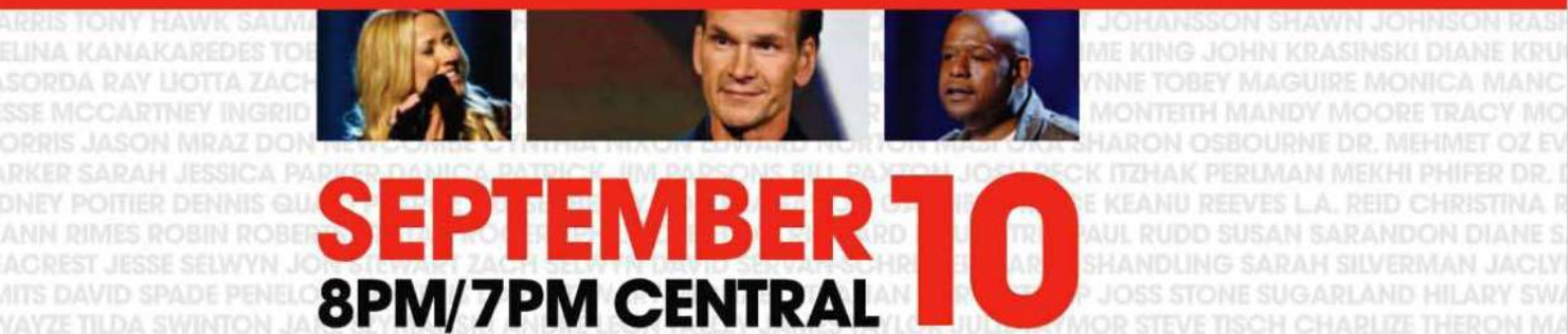
THE NO. 1 SELLING SCAR
 AND STRETCH MARK PRODUCT IN
 ENGLAND (IR, 2009)
 CANADA (Nielsen, 2009)
 NETHERLANDS (Nielsen, 2009)
 AUSTRALIA (Nielsen, 2008)
 SOUTH AFRICA (Nielsen, 2009)
 MALAYSIA (Nielsen, 2009)
 NEW ZEALAND (Synovate Attec, 2008)
 Full references at bio-oil.com





STAND UP. TUNE IN.

THE FIGHT AGAINST CANCER CONTINUES.



THE BIGGEST CANCER-FIGHTING CAMPAIGN IN THE HISTORY OF TELEVISION IS BACK, STRONGER AND BOLDER THAN EVER BEFORE. TUNE IN SEPTEMBER 10 AND STAND UP TO CANCER.

S↑2C
STANDUP2CANCER.ORG



Images from the Stand Up To Cancer 2008 show.



They'll vanish faster than you can say New MARSHMALLOW PEBBLES.

MARSHMALLOW PEBBLES Slabs

- | | |
|---|---|
| 1 cup all-purpose flour | 1 egg |
| 1/2 tsp. baking soda | 3/4 tsp. vanilla |
| 1/2 tsp. salt | 1/2 cup semi-sweet chocolate chips |
| 1/2 cup (1 stick) butter or margarine, softened | 4 cups miniature marshmallows |
| 1/3 cup firmly packed light brown sugar | 2 cups POST MARSHMALLOW PEBBLES Cereal, divided |
| 1/3 cup granulated sugar | |

HEAT oven to 350°F. Combine flour, baking soda and salt.

BEAT butter and sugars together until light and creamy. Add egg and vanilla; gradually add flour mixture, beating well. Stir in chocolate chips and 1 cup cereal. Spread into greased 13x9-inch baking pan.

BAKE on center rack for 18 to 20 minutes, or until golden. Sprinkle evenly with marshmallows; return pan to oven. Bake 2 to 3 minutes longer or until puffed.

Immediately sprinkle with remaining cereal; press lightly into marshmallows, using back of large spoon. Cool in pan on wire rack. Cut into 24 slabs. Makes: 24 servings.

For more great recipes visit www.postcereals.com/recipes



Making It Work

Managing mom life, work & money

Cash in on your mom skills!

Browsing a neighborhood street fair, then on to the new space exhibit at the science museum, and, finally, cones from that cute new ice cream shop.... Are you great at finding cool stuff to do with your kids? Then you should make money at it, too! Here, three ways to profit from your supermom savvy:

● **Spread the local news.** Sign up to be your community's Macaroni Kid "publisher mom," and you'll dig up all the family fun going on in your area; then get the word out to other local moms in an e-newsletter. The site will equip you with support and advice to sell ads in your area, and any money you make, minus the \$59 monthly fee, is yours. Moms who've been at it for a few months generally earn between \$300 and \$2,000 per month. Find more info at macaronikid.com.

● **Give your two cents.** Type-A Mom offers the perfect gig for know-it-alls: Share your tips and tricks on topics ranging from budgeting to talking so your kids will listen—and get paid! The more people view your articles, the more you earn: Contributors receive 100 percent of the ad revenue their articles generate. Learn more at typeamom.net.

● **Be an influencer.** Do you blog? Expand your reach, and get free swag, by signing up as a "mom influencer" at Everything Mom. You'll receive products such as DVDs, books, appliances, and tech gadgets, and then share your honest reviews with fellow moms—including what was hot and what definitely was not. Check it out at everythingmom.com.

—Lindsey Palmer



Your mom skills
might earn you
extra cash!

What Works

Get-ahead job and money moves.



Get back to work—even years later

If you've kicked off your career pumps to become a full-time mommy, chances are you'll eventually want to put the heels back on. But 73 percent of "off-rampers" have trouble "on-ramping," says a new Center for Work-Life Policy study. Career coach Nancy Collamer, founder of Jobsandmoms.com, used to be an HR director, so she knows how to get you back to work. Her do's and don'ts:

DO invest in your success.

"Finding a job is a job in itself, and you have to prioritize the process," Collamer says. "Get assistance with child care so you have time to update yourself on industry trends."

DO aim for a target—or three.

"A common mistake I see is women saying they're open to any job," Collamer says. "Focus on a few types of jobs, then tailor a résumé to each with an objective at the top."

DON'T leave a hole in your résumé.

"Sure, you haven't worked for three years, but you've probably developed skills that

will transfer to jobs," Collamer says. "Make yourself more marketable by including on your résumé the fact that you ran the PTA or planned a \$10,000-netting fund-raiser."

DO work your network.

"If your child had a learning disability, you'd call everyone you know for resources," says Collamer. "Apply that same intensity to your search. Hit the phone chain and your social networks to tap anyone who might help."

DO keep it professional.

"Moms are often used to connecting by talking about their kids," Collamer says. "Even if your interviewer has a family photo on her desk, remember to stay formal."

DON'T apologize for your decisions.

"Employers don't want to hire someone who regrets her decisions," Collamer says. "Make it clear that you're glad you chose to stay at home but that you're excited to get back to work. And then launch into why you're a great fit for the job."

How to remember anything (really!)

If you've ever forgotten to pick up the dry cleaning—or your kid from soccer practice!—you'll want to try three new ways to make mental notes stick, from Karen Dolby, author of *You Must Remember This*.

When committing a list to memory:

Attach an image to each item, then link them. Oranges, fish, and pretzels on your grocery list? Picture a fish jumping through a circle of oranges to grab a pretzel. The more unusual the images, the better you'll be able to recall them, Dolby says.

When creating a password: Take a favorite quote or song lyric and use the first letter of each word as the password. (For example, turn the "Oh, yeah! Life goes on" refrain from *Jack & Diane* to OYLGO).

When learning someone's name: As soon as you're introduced to someone, take a second and imagine writing the name down, visualizing how it would look on paper. This will help engrave the name in your mind. And it can't hurt to write it down for real once you get home!

Where to save for college

Turns out, a third of parents of college-bound kids don't know what a 529 account is. So here's your cheat sheet: It's a state-sponsored, tax-free savings plan aimed for future college costs. Find a list of plans at savingforcollege.com.



PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.

If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

**IMPORTANT
FACTS ABOUT****Pristiq®**
desvenlafaxine
EXTENDED-RELEASE TABLETS(pris•teek®)
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions
Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

•Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?

Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.

**helpful
answers**



AMAZING SCENTS
THAT NO ONE CAN RESIST.

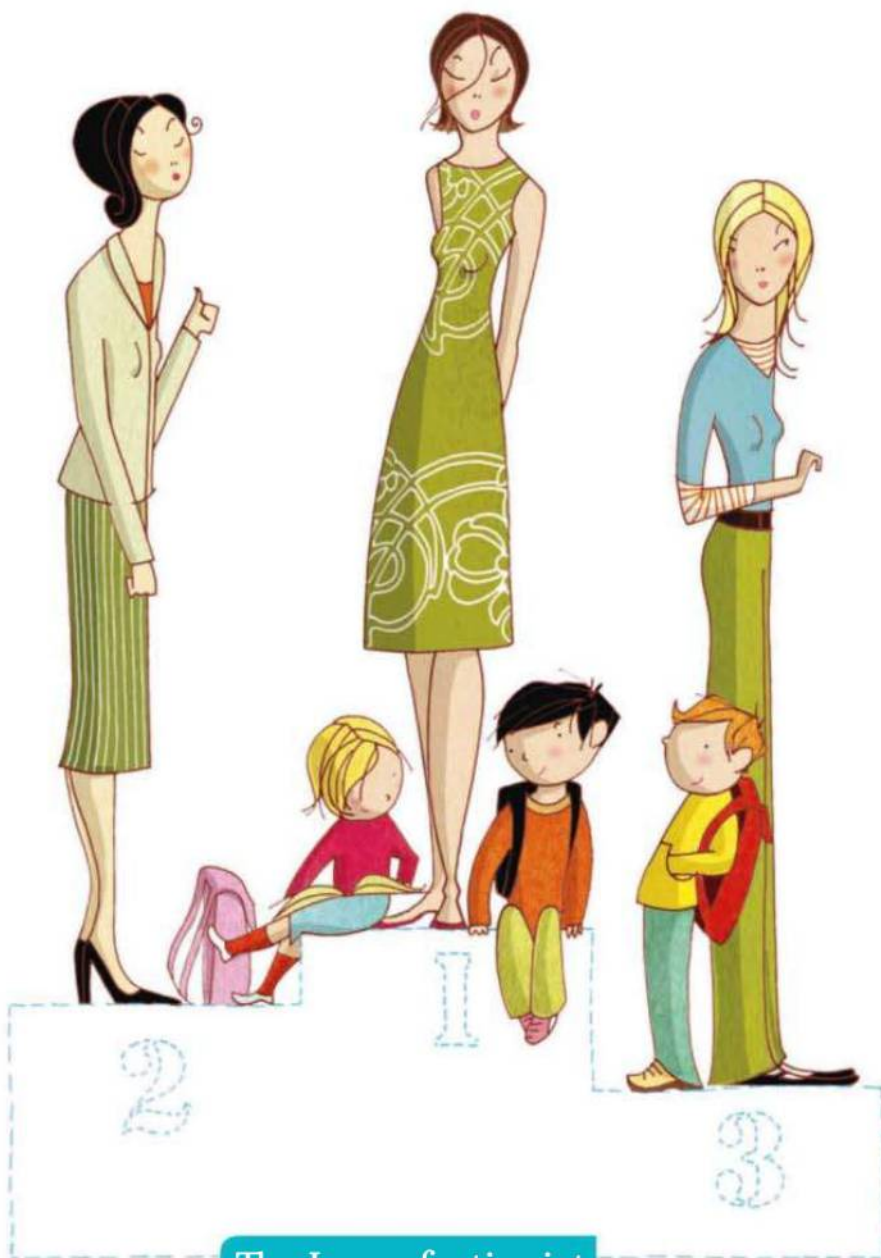


NEW

NEW GAIN DISHWASHING LIQUID.

Get ready to enjoy an incredible cleaning experience with a scent that you're going to love.





The Imperfectionist

Can we stop the great parenting **contest**?

One friend taught her kid Spanish in utero. Another hasn't missed a field trip, well, ever. **Alice Bradley** comments on the competitive sport of motherhood.

While my son, Henry, can be awfully good company for a kid on the cusp of 8, by the time we've reached the tail end of summer—those sluggish days after camp has ended but the heat and humidity have decided to stick around for a few more weeks—I am more than ready for him to return to school. Because when he's at school, he's *not here*, begging to play a fifth hour of video games because he's *too bored* to do anything else and it's *too hot* to go outside. Bring on the regimented learning!

Then the school year starts, and it all comes back to me: the social pressure, the feelings of inadequacy, the urge to excel. Not for him—for me.

Here is what will occur on the first day of school: An impeccably dressed, perfectly coiffed mom will sidle up to me at the classroom drop-off. As we watch our children get settled in, she'll detail her family's summer-long, life-changing trip to the Brazilian rain forest.

"So fun," I'll nod. As if I know exactly what a summer-long adventure like that would entail. *Who hasn't been to the Brazilian rain forest?*

"And what were you guys up to?" she'll ask.

"Oh, we had a quiet summer," I will murmur, hoping she'll believe that my husband, Scott, and I stayed on home turf only because we'd already traversed the globe during all those *other* summers.

The other mom will gasp, "You mean to say you—you stayed *here*?" as all the parents and children turn to stare. At which point Henry will look up from his crayons and cry out, "Oh, mother, why must we be poor?" and Ms. Rain Forest will place a manicured hand on my shoulder as her eyes fill with tears.

It's not only the wealthy parents I compare us with. I'll pit my mothering skills against the mom with five children who has long playdates at her place, where she bakes banana bread and composes a theme song for each kid on her acoustic guitar. Or the dad who skateboards to school with his kids, takes them rock climbing twice a week, and coaches soccer on weekends. Or the parent who works from home and attends every field trip and organizes the school fund-raisers. Meanwhile, I consider it a good day when I remember to tell Henry to wipe the waffle crumbs from his cheeks after breakfast. *I have different priorities*, I tell myself. *I could do those things if I wanted to!* ▶

**PANCAKE, TURKEY SAUSAGE,
WOODEN STICK.
PROOF CHILDHOOD
DREAMS DO COME TRUE.**



New Jimmy D's helps your kids reach their full potential.
Made with Turkey Sausage wrapped in a Pancake for
a taste kids love, it's a great way to start their day right.

Making It **Work**

How could I measure my pregnancy success? Degree of rosy glow? Fewest stretch marks?

You could say that when it comes to parenting—and most everything else—I'm cursed with both a competitive streak and terminal laziness. I deeply want to excel, but I'd rather not work at it. I'd prefer that my natural skills and charm catapult me to the top. That competitive mind-set kicked into high gear when I got pregnant. I compared myself with every pregnant woman I could find. I found it difficult, however, to figure out if I was ahead. How do you measure pregnancy success? Degree of rosy glow? Lowest number of stretch marks? To the extent that I could quantify my superiority, I found that instead of winning, I seemed to not even be placing. I spied a beaming pregnant woman in the bookstore, and she didn't have *any* lunch-related stains on her shirt. While taking a waddling stroll, I spotted a woman with what appeared to be a third trimester belly, and she was *jogging*. Jogging!

When it came to new motherhood, though, I knew I'd be the front-runner. I had read four—no, five!—parenting books, after all. At the very least, I'd get Most Well-Read. So I couldn't wait to join a new-moms group a few weeks after Henry was

born. Unfortunately, a disturbing percentage of the group consisted of superachieving moms whose kids slept through the night at six weeks and nursed like champs. *Henry*, however, apparently thought that nighttime was Shrieky Screamy Time, and that the most efficient method for obtaining breast milk was to root around in my armpit. On the other hand, my baby was cuter than any of theirs.

I stayed with the moms group for at least a year—for the camaraderie, sure, but also to compare Henry's developmental milestones with those of the other, less adorable kids. I'm sure I wasn't the only one. "Sophie's sitting up!" one mom would announce, as she looked upon all of our floppy, non-sitting-up babies with a hint of satisfaction. When it was my turn to show off Henry's sitting-up talents, another mom would flaunt her child's newfound crawling skills. Then the talking about talking began.

"William said *mama*!" a mom would exult. "I'd rack my brain. *Had Henry said mama? That time he said mumumum to the dog, did he mean mama?*" "He's obviously a *thinker*," a mom said to me one day, as her 11-month-old son babbled, "Phone?

Put that *Smile* back to your eyes.



Daily "eye showers" with OcuFresh removes everyday impurities before they become a source of swelling, redness, itchiness and infection.



OcuFresh. Happy Eyes.

Find OcuFresh in the eye-care section at your local pharmacy

www.OcuFresh.com

Hello? Mama? Up?"—the chatty show-off—while 13-month-old Henry silently gazed up at a cloud.

A few months later, Henry began speaking in full sentences, and we ran into that mom and her little boy again. From his stroller, he called out to Henry, "Raisin? Cup? Yes? Boy?" My son stared blankly at him. The mom smiled sadly at us as they went on their way, and as soon as they were out of hearing range, Henry said, "Mama, that boy had raisins in his cup." It was almost like he didn't care whether or not we made the other parents feel bad!

The heady sprint of those first years is past us, and now that we're deep into the grade-school stretch, Henry's pulled far ahead. I wouldn't say he's the *smartest* kid in his class (mostly because the other parents might be reading this). Our children make up a beautiful rainbow, each with their own special qualities, or whatever.

I surveyed the parents in my circle, who admitted that they, too, compare themselves with other parents and compare their kids with other kids. I think we all do it. And it's not (only) to make sure we're Number One. We do it because we're looking

for reassurance that we're not alone in our struggles. You see, it's comforting to know that while, say, our kid won't eat more than five foods, another child in her class refuses to ingest anything but potato chips and the occasional grape. That all kids are nuts. And they're all going to be okay.

Still, sometimes we enjoy the thrill of the fight. Last week I asked one of Henry's friends, at our home for a playdate, if he wanted a snack.

"Do you have any satsumas?" he asked.

I stared at him. "Is that... a Bionicle?"

"No," he explained, looking at me with great compassion. "They're *oranges*."

"Of course they are," I said. (They're a variety of mandarin oranges. I had to Google them.)

Crap, I thought, *are other parents offering their children a rainbow of seasonal produce?* Before I could scramble to the gourmet grocery, however, I took a deep breath. "We're all out," I smiled. "Tell your mom we'll have them for the next time."

"My mom?" he asked, as if she hadn't directed him in this charade. Then I offered him an apple. But not before pointing out that it was organic. **R**



Alice Bradley also shares her adventures in parenting at finslippy.com, momversation.com, and lets-panic.com. She lives in Brooklyn with her husband, son, dog, and cat.

KATE LACEY

ROLL AWAY MOUTH PAIN WITH KANK-A® SOOTHING BEADS™

New!



When brace irritation, a canker sore or other mouth pain flares up, it affects you all day long. However, treating the problem away from home isn't always convenient. Now with Kank-A® Soothing Beads™, relief is available wherever you are.

Each 5-bead dose is individually packaged, so you can always have one handy. For all-over mouth pain, roll beads around mouth... or place in one spot for targeted relief.



Also try Kank-A Liquid for canker sores and Kank-A SoftBrush® for tooth and gum pain.

Making It **Work**

Mom Life

It's not your mother's motherhood.



ONLINE HELP FOR HOMEWORK STUMPERS

Embarrassing but true: Sometime around fourth grade, your child asks for homework help and you realize you've forgotten long division, sentence diagramming, or whatever the heck they're studying. These websites come to the rescue when your brain's gone bust.

WEBSITE	Scholastic's Homework Hub (scholastic.com/kids/homework)	Tutor.com	Virtualnerd.com
HOW IT WORKS	For grades 1–7+ This interactive site has games to help kids create study tools, learn spelling, and organize their thoughts into top-notch essays.	For grades 4–12 Buy a one-month membership and your child can e-chat with an expert in almost any school subject.	For grades 7–12 In hundreds of short, live-action videos, college-age tutors explain every topic you can imagine in physics, pre-algebra, and algebra.
WHAT'S GREAT	The robot graphics appeal to kids who are more interested in playing games than tackling their homework.	Tutors are teachers, professors, or college students, and they provide one-on-one help for specific problems.	Created by "nerds," these videos are super-high-tech, and you can pause to hear deeper explanations.
DOWNSIDE	You can't ask specific questions or study topics in-depth.	Though less expensive than a real-life tutor, it's still an investment.	Subjects are limited, but biology and other topics are being added soon.
COST	Free	\$35/hour (or \$275 for 10 hours)	Free for dozens of videos; \$49/month for hundreds more.

Ease her nerves—from afar

If you can't be there to give your kid a big hug when she's stressed, phoning in support can be just as soothing, says a new University of Wisconsin study. Researchers asked girls to give a speech to strangers, which spiked their stress. Afterward, a third of the girls got pats on the back from their moms, another third spoke with Mom on the phone, and the rest watched a calming video about penguins. The girls who got their mommy love over the phone got virtually the same stress reduction as those who saw Mom in person (the video watchers got less). "People think you need touch to release nerve-calming oxytocin, but voice works too," says study author **Leslie Seltzer**, Ph.D. Feel less guilty now? Good!



When budget cuts threatened to gut school libraries in Washington state in 2007, three moms said, "No way." Librarians were teaching students research and Web skills key to kids' success in the digital age. "Many kids at my daughter's school don't have a home computer," says **Lisa Brunkan**, 39. "Cuts would create a two-tiered

system of information haves and have-nots." Brunkan rallied friends **Susan McBurney**, 46, and **Denette Hill**, 51, and the moms appealed to the school board. When the cuts still went through, they brought their fight to the state. They got 10,000 signatures on a petition and ultimately convinced the state senate to approve funding for that school year, and for every year since—even as the economy has taken a nosedive.

Since then, the Spokane moms have expanded their efforts, teaming up with school library associations nationwide and leading workshops to get librarians trained to teach new technology. Brunkan is stunned by their accomplishments. "I have a renewed belief in the democratic process," she says. To learn how you can help keep your school library well-funded, visit fundourfuturewashington.org.



From left: Brunkan, McBurney, and Hill.



SCRAPES AND BRUISES ARE PART OF GROWING UP. BUT SOME THINGS DON'T HAVE TO BE.

As your preteen grows up, he or she will continue to need your protection. So it's important to know about the diseases that can affect your son or daughter:

- **HPV (human papillomavirus):** the virus that can cause cervical cancer, genital warts, and other HPV-related diseases
- **BACTERIAL MENINGITIS:** a very serious infection of the brain and spinal cord lining
- **WHOOPING COUGH:** a highly contagious, prolonged respiratory tract infection
- **CHICKENPOX:** a viral infection that causes fever and an itchy rash, which can turn into blisters

AT YOUR CHILD'S NEXT DOCTOR'S VISIT, ASK WHAT YOU CAN DO TO HELP.
Or visit sponsor.webmd.com/preteenhealth to learn more.*

Making It Work

How To
FIGHT
FOR THE
CAUSE YOU
BELIEVE IN

Janice Schacter
(top right)
networked to
push for hearing
devices in
public places.

Redbook Hero

Never feel powerless! Just one woman can get the government, corporations—*anyone*—to help right a wrong. This get-it-done mom shows you the way. By Nicole Yorio

Janice Schacter vividly remembers the day, 13½ years ago, when her then-2½-year-old daughter, Arielle, was diagnosed with hearing loss. “People would pigeonhole her into what she couldn’t do—that she would never ski, play the piano, or speak a foreign language,” says Janice, 47, from New York City. “I swore I wouldn’t let hearing loss limit her potential.” So



Janice was furious when listening equipment at public places didn’t work as it was supposed to. At plays, for example, the equipment only pumped in instruments or vocals, not both, and video exhibits at museums didn’t provide captions. “It was heart-wrenching to see Arielle’s disappointment because she couldn’t enjoy the experience,” Janice remembers. “I thought, *This makes no sense! There are 36 million people in this country with hearing loss. Why aren’t there better programs available?*”

An idea for a solution hit Janice during a vacation in London back in 2003. That city was equipped for the deaf and hard of hearing in ways she’d never dreamed of. “We saw symbols of ears in taxis, museums, and pharmacies, meaning the locations contained induction loops,” Janice says. The loops transmit sound magnetically to hearing aids with telecoils, making hearing easier. By simply switching to the “T-setting” on her hearing aid, “Arielle could hear the taxi driver, the museum displays—everything! I couldn’t believe we didn’t have this in the United States, especially once I learned that the loops could be installed cheaply and easily,” Janice says.

So she founded the Hearing Access Program and started pushing for change. Now, eight years later, Janice’s program has helped develop hearing programs in dozens of locations, from Yankee Stadium and the Pentagon to national parks around the country. “Whenever I see people using the technology, it gives me chills,” Janice says. “I tell Arielle that there is nothing holding her back, and because she’s seen all that I’ve been able to accomplish, I know she believes it.”

Okay, so how can *you* chip away at a problem or injustice that frustrates you? Take the Janice Schacter approach:

FROM LEFT: GETTY IMAGES; FRED R. CONRAD/THE NEW YORK TIMES/REDUX; COURTESY OF SUBJECT.



**Russians have
a Red Square.
Americans
have tasty
orange ones.**

In America, Kraft Singles are made with milk, never oil or water, and come in individually wrapped slices of creamy, melty goodness.

Pasteurized Prepared Cheese Product
© 2010 Kraft Foods



**THE AMERICAN
CHEESE**

LESS
SUGAR

— *makes mornings pretty* —

SWEEET

Introducing new
Ice Cream Shoppe™
flavors with 25% less sugar*

pop.
tarts
toaster pastries

Ice Cream Shoppe™

®, TM, © 2010 Kellogg NA Co.

*Contains 25% less sugar than 55 to 75 of the top 100 toaster pastries (IRI US FDMx Unit Sales 12wk w/e 11/1/09) Kellogg's® Pop-Tarts® Ice Cream Shoppe™ Toaster Pastries contain 11g to 12g sugar/48g serving compared to 16g to 21g sugar/50 to 54g serving in other toaster pastries.



Know that you don't have to go at it alone.

"When I was first starting out, I got in touch with various hearing and disability organizations. Learning their history made me more effective: Why reinvent the wheel if someone has already done it? Plus, when organizations work together, we're even more powerful. For example, once we had induction loops installed in ticket windows in the new New York Yankees and New York Mets stadiums, Minnesota's Deaf and Hard of Hearing Services division contacted me to see how we could work with the United Spinal Association to install loops in Target Field, the new Minnesota Twins stadium. Then we all worked together to pass new building codes so that all future stadiums built in the United States will be hearing accessible."

Start by making the smallest, easiest fixes.

"I focus on which issues are most important and how they can be solved. I begin by reaching for the low-hanging fruit—the problem that can be easily fixed without a lot of money—and offer simple solutions. For example, in many places where existing devices didn't work properly, it was just a matter of training the staff how to use them correctly and adding signage. I've learned that my small successes make organizations more likely to trust me with bigger projects. They see the benefit and then come back to me and say, 'This is great. What else can we do?'"

Keep learning.

"I'm always attending lectures at schools and community centers. You wouldn't believe how many powerful and influential

Simply introduce yourself, tell people about your cause, and ask if they can help. You will be amazed at how willing most people are to get on board.



people speak there. I figure that if I can hear someone talk about, for example, how to speak effectively in public, that's something that will help me in my work. Community centers and issues-based groups such as no limits.org offer free or low-cost workshops that help advocates like me learn new ways to get our messages out there. They see me walking in the door, and they say, 'Here she is again!'"

Be assertive.

"I have no problem walking up to people, introducing myself, and telling them about my cause. I've called the head of Warner Brothers to discuss closed-caption issues on TV and in movies, and the other night I approached Senator Hillary Clinton when I saw her at a benefit! I know not everyone is equally as bold, so I suggest starting by talking to people who speak at lectures, because they expect to be approached. Simply say, 'I want to introduce myself,' and then tell them about your organization and ask if they can help in one way or another. You will be amazed at how willing most people are to get on board."

Show gratitude.

"I always send a personal thank-you note to everyone I meet, to tell them how their insight has helped me. I thank assistants who have put me in touch with their bosses at large corporations and those I meet at lectures, workshops, or wherever. Most people underestimate how powerful this is. Everyone wants to feel like they are effecting positive change, and letting them know how much they've helped makes them more responsive going forward." **R**

Try our new
Ice Cream Shoppe
flavors



Strawberry Milkshake



Vanilla Milkshake



Ice Creme Sandwich



Hot Fudge Sundae

pop.
tarts

Ice Cream Shoppe™

©, TM, © 2010 Kellogg NA Co.

Download a coupon at
sprinklings.com/coupon

Making It **Work**

Share a nanny?
Sure—it can
save you money
and be more fun
for the kids.

Work in Progress

2 families + 1 sitter = perfect solution

What do you do when you have an adorable baby, a job, and zero affordable child-care options? Get creative. Learn from REDBOOK reader **Amy Selco's** weird but wonderful setup. By Kristyn Kusek Lewis

When I had my son, Noah, my husband, Kevin, and I dared to hope for the impossible: Could we keep our jobs and also spend part of the work-week at home with our child? It was a best-of-both-worlds scenario that lots of people tell you to give up on immediately, and we surely saw the challenges. We live in the Washington, DC, suburbs, where part-time child care is expensive and hard to come by, with long waiting lists for even the less-desirable day cares. I found the whole day-care situation to be daunting, but getting a nanny was out too; we simply couldn't afford it.

Still, we made a bid for it. My husband's an urban planner, I'm a fund-raiser for a local theater, and we're both lucky to work for family-friendly companies. During my maternity leave, Kevin negotiated a deal to take Fridays off and care for Noah, who's now 2, and I convinced my boss to let me work from home one day a week. But we still had to figure out what to do about the other three days. Quitting my job was not an option—we need the income, and I also really believe that the satisfaction I get from work makes me a better mother and gives me the balance I need in my life.

I kept mulling it over. Then one day, I went for a walk with a friend I'd met in a new mother's group. We'd already bonded: Leslie and her partner, Meg, had their son, Ben, just one day after Noah was born, in the very same hospital. As we pushed our strollers, I realized that Leslie lived smack between my house and my office. I knew that she and Meg both worked full-time, and that each worked one of those days at home. I thought, *Maybe they'd want to share a nanny with us?*

Leslie loved the idea, so we talked it over with our respective mates, and the deal was set. Our cobbled-together arrangement works like this: On Mondays, Tuesdays, and Thursdays, Noah is

mommyisms:

insights from mom to mom

Now, the simple joy of a Happy Meal® leads to a simple act of kindness.

McDonald's donates 1¢ per Happy Meal sold, at participating McDonald's® beginning June 25th. ©2010 McDonald's.

The Happy Meal she loves now helps families be closer to the ones they love. And that makes every trip to McDonald's® even more special for me.

She's happy and I'm happy to help. Sharing a great meal with my family and helping Ronald McDonald House Charities® too? That's a Happy Meal.

Every Happy Meal sold now supports Ronald McDonald House Charities.



Your donation goes to help more than 700 families of hospitalized children each day.


i'm lovin' it®

Science...

FUN?!



Making It Work

at Leslie and Meg's with the nanny and Ben. I look after Noah when I work from our house on Wednesdays, and on Fridays, Kevin stays home with him.

Our schedule might seem odd to some people, and it would be easier to keep Noah with one caregiver all week, of course. I remember when Leslie and her family went on vacation and the nanny came to our house to care for Noah; it was heaven to have her here, completely devoted to our son. But our arrangement really does work for us, and it has even brought my husband and me closer together. I think sharing in the child care helps us avoid the fights that some parents have over who's doing more. We constantly talk about whether the choices we make are the right ones, and I'm not sure we'd even have those conversations had we not decided to go for what we really wanted for our family. It took some time to adjust to our child-care plan, but it was worth it, and I learned a few lessons along the way that I want to share with other women.

1 Go with the flow.

When our nanny share started, we set up a Google calendar with Leslie and Meg to easily track one another's schedules. We also check in with email and phone calls several times a week about details such as pickup and drop-off times, and out-of-the-ordinary activities like doctor appointments; plus, we usually have a long chat when I come to get Noah in the evenings. But things inevitably come up: Kevin will need to go to a meeting when he's supposed to be at home, or the nanny will call in sick. While there's always that initial moment of "Oh s--t! What are we going to do?!" we've learned how important it is for each of us to be willing to bend in a crisis. Our two families have always been supportive of each other.

We maintain the arrangement—and our sanity—by working as a team. When we get in a pinch, we all pick up the phone to hammer out who will do what. Nobody's schedule is more important than anyone else's: When I'm home, Leslie and Meg

know that they can drop their son off with me if they have unexpected work commitments, and I feel totally comfortable doing the same when I need them to watch Noah at a moment's notice. Or, when one of the boys gets sick, we decide together whether we'll separate them until everyone's healthy and who will get the nanny during that time. There have even been super-crazy days when the nanny's been out sick and each parent would take a shift; the boys would get four caregivers in one day! So our share doesn't always work with military precision, but it still works, and that's because we all know we can rely on one another.

2 Match your work tasks to your workday.

Working from home while caring for a toddler is tough—I often feel like I'm not fully dedicated to my son or my job. Noah's not a kid who'll play quietly on his own while I type a memo. In fact, he's been known to slam down the top of my laptop while I'm working on it and hide my cell phone in his play stove.

To stay productive, I've learned to reserve certain types of projects for my work-at-home day. Anything that needs my undivided attention, like writing proposals or editing grant letters, gets done on Tuesday nights. This takes some of the pressure off me to produce the next day. On Wednesdays, I stick to quick, communication-oriented tasks that I can do with Noah around; I keep my laptop and my phone nearby and answer emails or make calls when he gets engrossed in coloring or in a toy or puzzle. Anything more substantial, like a conference call, is reserved for nap time. If a work project suddenly comes up that I can't put off, I'm not above turning on *Sesame Street* and sitting next to Noah on the couch with my laptop.

It's difficult, no doubt, and while I don't want to be one of those moms at the playground on my BlackBerry, I sometimes am. But I believe that ultimately, it's better for me to spend this time with Noah, disjointed as it is, than to be in the office and not with him at all.

Parents Leslie (top left) and Meg, and Amy and Kevin (at right with son Noah) cover for one another when child-care emergencies arise.



3 Respect your partner's parenting style—even when it's nothing like yours.

When Kevin and I started to each spend a solo weekday at home with Noah, we quickly learned to let each other do things our own way. I'm a taskmaster: When Noah's with me, he takes a scheduled nap and eats before he gets cranky. Kevin's more lenient; with him, Noah sleeps when he sleeps and might graze instead of eating real meals. At first, Kevin's parenting style bothered me and I criticized Kevin for it. Naturally, he took it personally, and I eventually realized that it's not productive for me to expect him to do things my way. Noah is well cared for regardless of who's in charge. Plus, if I embrace our differences, our son gets the best parts of both of us.

4 Use your job skills at home, and vice versa.

I'm confident about what I do at work but often feel like I have no idea what I'm doing at home! Applying job skills to my home life has helped me feel more self-assured. For instance, Noah went through a biting phase. Understandably, Leslie and Meg weren't thrilled when he bit Ben—and neither was I. When the four of us sat down to talk about the situation, I remembered all the uncomfortable negotiations I've led at work. That put me at ease so I could talk about Noah's bad habit in a sensible, problem-solving way instead of letting my guilt and frustration get the best of me.

Being a mom has also made me a better worker. In the old days, I didn't think I could accomplish anything significant



in 10 minutes. Now, in that amount of time, I can send an email to a coworker, finalize a budget report, and call a potential donor. It's all about changing your perspective on how you get things done.

5 Learn to "Stay true to your mission."

That's a phrase that's tossed around a lot in my industry. Like lots of working moms, I admit there are days when I'd rather work than be with Noah and days when I just want to stay home with him. To cope with these flip-flopping feelings, I remind myself that Kevin and I pursued this way of life because we believe so strongly in having a solid work/family balance: It's very important for Noah to have time at home with each of us. So on the days when I'm aggravated because I need to get something done for work and Noah's tugging on my leg to play blocks, I remind myself that I chose to juggle so many things for the sake of our family. And we won't let anything—from crazy work schedules to biting phases—stand in the way of that. **R**

They'll Never Know They're Learning!™



How does Sid put his toys away so quickly?

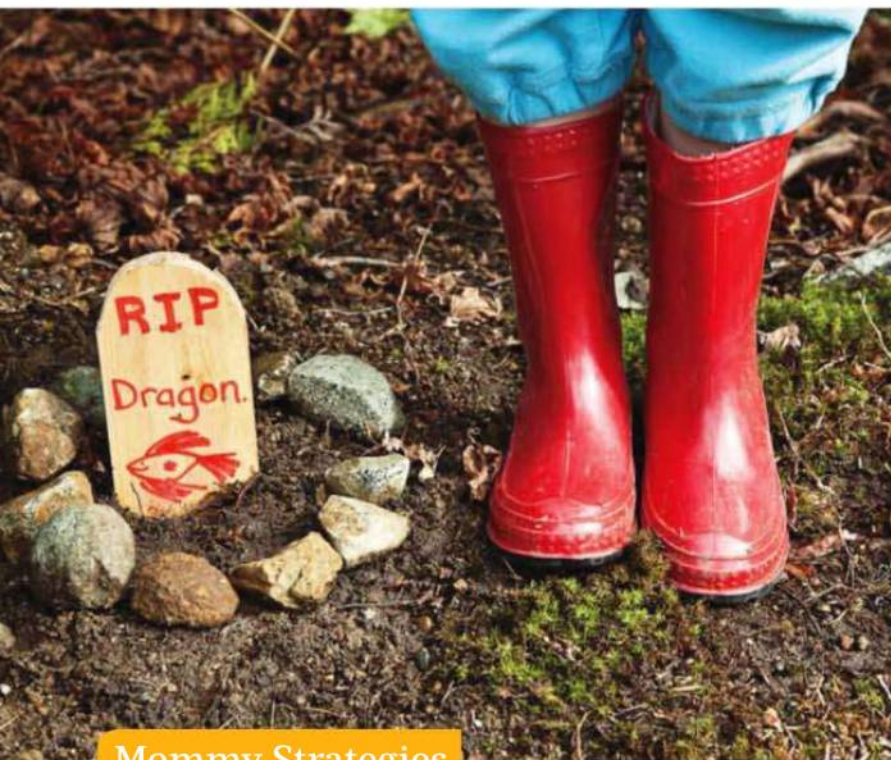
Find out in this DVD!



Look for
Sid the Science Kid
DVDs in stores now!



For free activities go to
www.theyarelearning.com!



Mommy Strategies

How to help your child through a pet's death

"When our English springer spaniel died, it was difficult on my kids, who were 9, 5, and 3 at the time. We held a funeral for the dog in the backyard, then we planted a beautiful bleeding heart by her grave. Every year since, when the bleeding heart blooms, we're reminded of our dog and we reminisce. It helps my kids accept their loss."

—Lisa Spellman, 39, Omaha, NE

"I learned from a mistake I made: When our goldfish Oscar died, I replaced him with a new 'Oscar,' and I kept doing it until one day my 5-year-old daughter screamed, 'That's not Oscar! Oscar doesn't have that brown mark!' I then explained to her what I'd done, which didn't help her at all with the grieving process. So, when my 8-year-old son recently lost his rat, Rat-a-Tat, we had a proper burial in the backyard, complete with a procession, where we shared our

best memories of him. This was a much better solution."

—Diane Dennis, 48, Aurora, OR

"We recently lost our 12-year-old lab, Duncan. I was honest with my 5-year-old daughter, telling her that Duncan was old and that his body could no longer keep up, so it was time for his soul to go to heaven. I also read her the poem 'The Rainbow Bridge,' which tells kids that our pets are waiting for us for when it's our time to go. It put my daughter at ease."

—Jennifer Davis, 37, Pasadena, MD

"My 9- and 11-year-old sons have been distraught each time they lost a pet: their leopard gecko, their hermit crabs, their betta fish—eight pets total. My strategy has been to treat each death with respect and allow the boys time to grieve. Each animal gets a grave site, and we buy flowers and say prayers. I explain that all of God's children, including His animals, go to heaven. Then we talk through what heaven might look like. Of course, whenever they're over their sadness and anger, their next question is always, 'Hey, Mom, can we get a rabbit?'"

—Amy Barr, 42, Fleming Island, FL

"When our cat, Paloma, died, my daughter was 3 and had a hard time understanding what had happened. We approached her with patience, answered her questions, and shared our own sadness. I think it was important for her to see that my husband and I didn't necessarily have a better understanding of death just because we were older."

—Leigh Shulman, 38, Atlanta

"We recently put to sleep our cocker spaniel, Avery. We explained to our 3- and 4-year-olds that the dog wouldn't be coming home from the vet with us. They didn't fully understand, but we've kept photos of Avery as a screen saver on our computer, and as time has gone by, the photos have served as a prompt for the kids to share their memories of their pet and to gain a better understanding of and get some peace about Avery's passing."

—Tésa Nicolanti, 33, Cleveland

An important vaccination schedule update for children 15 months to 5 years of age.

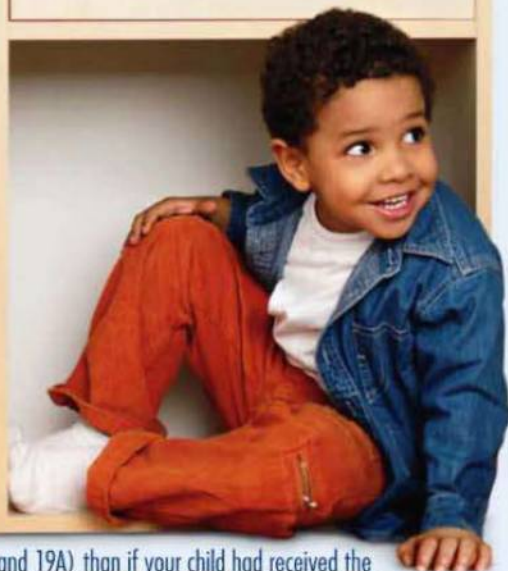
Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.



Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.



The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Prevnar 13™, to cover six more strains including the most common one threatening young children today.*



*The immune response from this catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

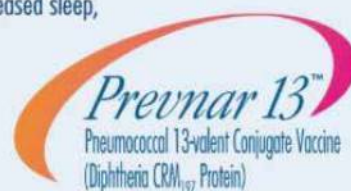
INDICATION FOR PREVNAR 13™

- Prevnar 13™ is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday).
- Prevnar 13™ is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F).

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13™

- Prevnar 13™ should not be given to anyone with a severe allergic reaction to any component of Prevnar 13™, Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]), or any diphtheria toxoid-containing vaccine.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Children with weakened immune systems may have a reduced immune response to Prevnar 13™. A temporary pause of breathing following vaccination has been observed in some infants born prematurely.
- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13™ and Prevnar®, respectively.
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider.
- Ask your child's health care provider about the risks and benefits of Prevnar 13™. Only a health care provider can decide if Prevnar 13™ is right for your child.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see Brief Summary of Prescribing Information on reverse side.



FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

IMPORTANT FACTS



Prev • nar 13

ABOUT PREVNAR 13™

- Prevnar 13™ is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13™ may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13™ does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness or who have weakened immune systems.

BEFORE STARTING PREVNAR 13™

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13™.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13™?

- Prevnar 13™ is recommended for children 6 weeks through 5 years of age.
- Prevnar 13™ is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- **Transition schedule:** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]) may complete the 4-dose immunization series with Prevnar 13™.
- **Catch-up Schedule:** Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13™ to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 13™?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13™, Prevnar®, or any diphtheria toxoid-containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13™

Prevnar 13™ may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnar 13™ are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13™. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to www.prevnar13.com or call 1-800-666-7248.

Wyeth® Manufactured by Wyeth Pharmaceuticals Inc.

Marketed by Pfizer Inc.

Rx only

BREMENN
RESEARCH LABS®

Facial Spider Veins?

Why do you need a formula specifically developed for Facial Spider Veins?

NEW!

“Although they’re both unpleasant to look at, the spider veins on your face are not the same as the spider veins on your legs. That’s why ordinary spider vein creams (and simple concealers) don’t quite do the job. Bremenn’s “Facial Spider Vein Formula,” with *Venilex*™, will reduce the appearance of embarrassing “broken” capillaries in just 14 days or we’ll give you your money back... no questions asked!”

\$79.00 USD



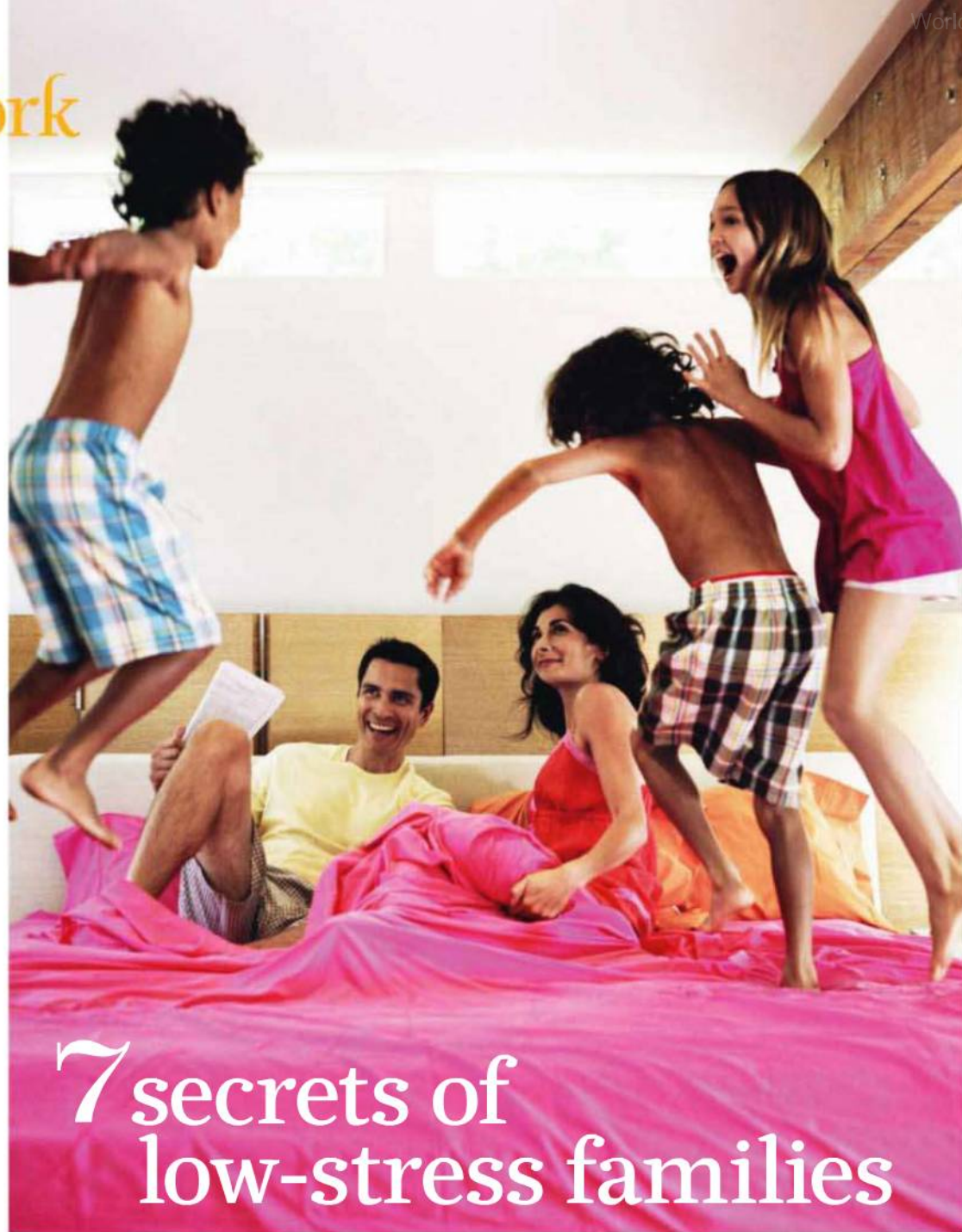
P.S. Some people actually use Bremenn’s Facial Spider Vein Formula™ to reduce the appearance of pronounced capillary redness surrounding blemishes.

Order Now: 1-800-535-0149 or visit www.BremennLabs.com

Available at: Bloomingdale’s, Sephora, Dillard’s, Lord & Taylor, Carson Pirie Scott, Herbergers, Von Maur, Boscov’s, select Macy’s.

***Our guarantee:** All of our fine formulations are backed by a 100% satisfaction guarantee. Simply stated, if you are not satisfied with any Bremenn formula, just return it to the place of purchase within 30 days.

What did researchers see when they spied on every living, breathing moment of 32 families for four days straight? Fights, bribes, hugs, eye rolls, and some amazing truths about how we can all live more happily together.
By Nicole Yorio



7 secrets of low-stress families

It was the first experiment of its kind: Thirty-two California families opened their doors (their front doors, bedroom doors, even bathroom doors) to researchers from UCLA who wanted to find out how they manage the demands of work and family life. With a three-person crew, researchers occupied families' homes for four days from morning until bedtime, recording every minute spent folding laundry, every homework panic, every dinner table dispute about the yuckiness of vegetables. The researchers conducted interviews with each of the family members and measured their stress levels throughout the day. The families were studied between 2002 and 2005; each had two working parents, two or more children, and a mortgage—a profile that looks like many American households.

“When I observed these families, I felt like I was looking in at my own life,” says lead researcher Tami Kremer-Sadlik, Ph.D., director of research at UCLA’s Center on the Everyday Lives of Families. “I’m a working mom with two children, and I could identify with the women we studied who reported feeling pressed for time and who were trying to balance work and family demands.” But among those stressful moments, researchers also saw the key instances of warmth and love that make great families. And as Kremer-Sadlik and other female researchers who had their own families found out, getting a glimpse into the lives of other families gives us a unique perspective on how to better take care of our own. Use what they learned to calm stress and create joy in your house. ►

Oscar Mayer

Let it rain all it wants.

100% chance of smiles. Introducing Oscar Mayer Selects hot dogs. Made with 100% pure beef and no artificial preservatives.



**it doesn't
get better
than this**

Contains natural preservatives. No nitrates or nitrites except those naturally occurring in celery juice.



When families laugh together during a TV show, that's a shared moment they have, and it creates a memory.



1 Low-stress couples don't divvy up the chores.

For one part of the project, Kremer-Sadlik and a colleague studied how couples' division of housework was connected to their marital satisfaction. "Surprisingly, it didn't matter how evenly couples split up the chores," Kremer-Sadlik says. "We found that both spouses were happier when both felt like they were working toward the same goal, regardless of who did more" (and women did more across the board). "The women in happy marriages told us that their spouses seemed to have an understanding of what needed to be done. We observed their husbands setting the table while their wife was cooking, or straightening up without being told what to do." Sound too good to be true? Know that just talking about your joint mission for the family can eliminate much of the "keeping score" conflict. "The happy couples often discussed their shared goals for their family," she says. "There was more of a *we-ness* there—and that spilled over into chores. Their attitude was more, 'We do for our family,' not, 'I do this for you.'" But with two working parents' and children's schedules to coordinate, researcher Darby Saxbe, Ph.D., a 33-year-old mom from Los Angeles, observed many couples communicating only about who needed to do what. "It felt like they were running a business!" Saxbe says. "Squeezing in little moments of fun with your partner—whether you steal a quick kiss or exchange a joke—makes a difference." And researchers noticed that in some homes where the wives expressed more appreciation, the husbands also took on more household tasks.

2 Low-stress families find small moments of togetherness.

Every mom fantasizes about taking the perfect family vacation or spending a blissed-out day with her husband and kids. But real-life bonding time is made up of much smaller events. "I think a lot of us have this idea that we need to create big moments of togetherness, but we saw so many times that families had opportunities to connect throughout the day that they weren't aware of," Kremer-Sadlik says. Those small moments might be the 10 minutes you spend braiding your daughter's hair or your time spent cheering on your son at his Little League game. "I remember one moment when a daughter and mom were folding laundry, and the daughter stuck her foot in a sock and challenged her mom to find her foot among

the pile of laundry," she recalls. "It was a loving moment of laughing and playing around in the midst of daily life."

Belinda Campos, Ph.D., whose focus in the study was family relationships, noticed the same thing. "There's this cultural ideal of wanting to carve out quality time," says the 36-year-old from Irvine, CA. "But many families overlooked the daily stuff that keeps you connected." One example was the way families reacted when dads came home from work. "There were two types of behaviors among the families: those where the wives and children greeted the dad with a warm hello, and those where the children never got up from their video games and the wives greeted Dad with logistics like, 'Did you pick up the chicken for dinner?'" Campos says. "But those seconds after Dad walked in the door may have shaped his mood for the night. It's such a small thing; that's the moment to acknowledge that a person is coming into a place where he matters."

3 Low-stress parents are role models—not pals.

Treating your partner with respect is not only good for your marriage—it also actually affects the whole family dynamic. "When spouses showed patience and support, as opposed to being impatient, sarcastic, or critical, their children were more respectful toward them, and the smoother the households ran," Kremer-Sadlik says of her findings from a previous study. "Their mini goals throughout the day, such as getting dinner on the table or finishing homework, ran more smoothly and more pleasantly." The same was true for parents who set the rules for the kids, as opposed to those who let their children help make the decisions. "When parents delegated chores to their children, rather than asking them which chores they wanted to do, there were fewer tantrums and arguments," Campos says. "There was still affection and humor in homes where parents were the bosses, but there was never a question of who was in charge."

4 Low-stress moms make dinner from scratch.

Believe it or not, using processed convenience foods for dinner doesn't actually save you cooking time. That's what really surprised 39-year-old mom and researcher Margaret Beck, whose focus for the study was food preparation. "All the families

Have you
checked your
freezer lately?



The best part of your day starts with warm toasty Eggo® waffles,
so go ahead and make sure you have some.

Making It **Work**

spent roughly one hour preparing dinner, whether they used processed foods or fresh ingredients," she says. The moms who prepared more convenience foods tended to overcompensate by having more courses—either side dishes or separate meals for the kids—which wasted time. And if you want your children to eat what's on the table: "The kids who assisted in the food preparation always ate what was served," Beck says. "And the mood in the house was lighter and happier when the kids spend cooking time in the kitchen." Talk about a win-win!

5 Low-stress moms take five minutes of me time.

There's a secret to being fully present and enjoying family life after a demanding day at work: "The findings suggested that when women unwound

alone for 5 or 10 minutes, it set a positive tone for the rest of the night," says researcher Shu-wen Wang, a 28-year-old mom from Los Angeles who helped review more than 1,540 hours of footage. "Moms reported unwinding by exercising, gardening, or having a candy bar—not that I recommend that last approach! I always felt selfish taking time for me, especially after working all day, but this study proved to me how healthy it is for moms and their families."

6 Low-stress families watch TV together.

If you feel guilty every time your family plops in front a television after a long day rather than doing something more interactive, don't sweat it. "Families who watched TV together showed many bonding behaviors," Campos says. "Bonding can be sharing snacks, high-fiving each other if the Lakers score a basket, or guessing trivia questions together during *Jeopardy!*." Even sitcoms can bring you closer. "When families laugh together during a TV show, that's a shared moment they have in common, and it creates a memory," she says. So on days where you just can't muster the energy to recruit the kids for crazy 8's or kickball in the yard, know that a little TV time can be good for your family too.

7 Low-stress families embrace daily rituals.

"I used to believe that spontaneity and excitement were what kept couples connected, but it's truly the routine and continuity that set the foundation for making family relationships thrive," Wang says. "Whether it was a couple sitting down at the end of the day with a cup of coffee or parents reading a bedtime story to their children, these little moments are what make family life so comforting and kept couples close." Sometimes, the mad-dash moments seem to define our days, but "it's only when we find moments to slow down that we can fully appreciate those everyday moments that make a family," Saxbe says. "I remember watching a mom kissing her son and tucking him into bed. The son responded, 'I want another kiss, Mommy!' So the mom kissed him again. They repeated this five or six times—it was so sweet! Watching this made me appreciate how lucky I am to have a family I care about and how I how important it is to cherish these little moments of love when they come along." **R**



"I was reluctant to talk to my doctor
about my unresolved depression symptoms.
I'm glad I finally did."

Actor portrayal.

Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least
6 weeks and still have some depression symptoms,
one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression
in adults as add-on treatment to an antidepressant when an
antidepressant alone is not enough.



Some people have had symptom improvement as early
as 1 to 2 weeks after adding ABILIFY.[†]

Important Risk Information about ABILIFY

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients

* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

[†] Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials ($\geq 10\%$) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information
about ABILIFY on the adjacent page.

Learn about a free trial offer* for ABILIFY.
Visit www.ABILIFYmeplus.com

Take the next step—ask
your doctor about ABILIFY.

[†]Restrictions apply.



If you or someone you know needs help paying for medicine, call
1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparc.org



Otsuka America Pharmaceutical, Inc.

570US10AB06402 May 2010 0310A-0485 Printed in USA



IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fī) (aripiprazole) (air-rī-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMELT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1236550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Orally Disintegrating Tablets, Oral Solution, and injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA. Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. U.S. Patent Nos. 5,066,528; 6,977,257; and 7,115,587.

©2009 Otsuka America Pharmaceutical, Inc., Rockville, MD

570US08CB501603 0309L-2757 D6-80001D-11-09-MDD November 2009

MOTHER NATURE HAS
MET HER MATCH

Outsmart Mother Nature

TAMPAX



Serena Williams trusts **TAMPAX PEARL®** plastic. Its unique **FormFit™** design expands for a **better fit to stop more leaks.***

FIND OUT MORE ABOUT **FORMFIT™**  AT TAMPAX.COM/FORMFIT

*vs. Next Leading Brand

NEW



Spinbrush

SONIC
RECHARGEREMOVES UP TO
95% OF THE PLAQUE.*AND UP TO
75% OF THE PRICE.

DUAL-SPEED BUTTON



TWO-MINUTE TIMER



RECHARGEABLE BASE

INTRODUCING AN AFFORDABLE, RECHARGEABLE SONIC BRUSH.

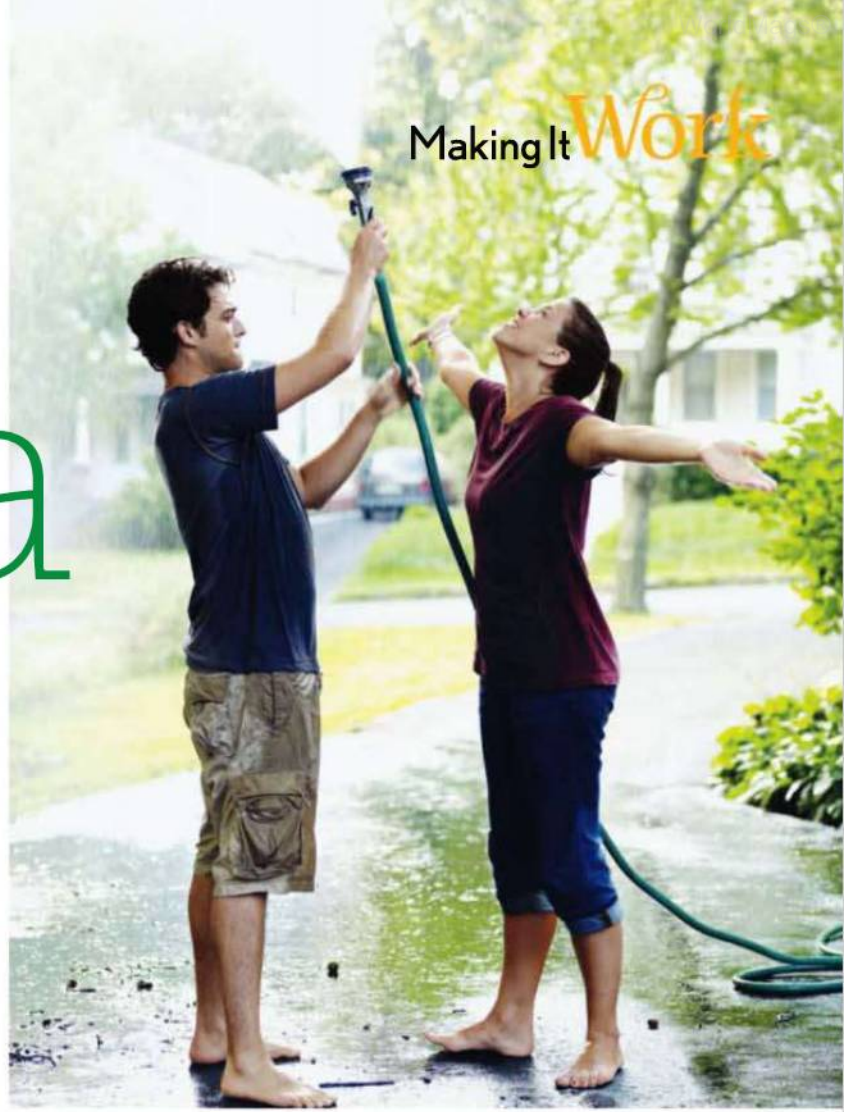
Get all the cleaning power of an expensive rechargeable sonic brush for about \$30 – ARM & HAMMER® Spinbrush® Sonic Recharge removes up to 95% of plaque in hard-to-reach places.* Get cleaner teeth without cleaning out your wallet. Visit spinbrush.com to save even more.



*In hard-to-reach places. Data on file.

©Church & Dwight Co., Inc. 2010. All rights reserved. Spinbrush and ARM & HAMMER are registered trademarks of Church & Dwight Co., Inc.

Live a BIG life on a small budget



Wild guess: You'd be thrilled if you never heard the phrase "In this economy..." again. We feel you. ● But believe it or not, plenty of good came out of "the great recession." We changed not only the way we spend but also how we think and what we value. ● We're healthier (eating less junk, exercising more) and happier (spending more quality time with our families). Go us! ● In a sense, we've all been forced to get a bit MacGyver with our lives—finding crafty ways to deal with bad situations. That approach is here to stay, experts say, but we want to live a little too. ● That's what this package is all about: Just because you're scaling back doesn't mean you have to settle. Not now. Not ever.

Making It **Work**

How the recession changed you for the better

1 We're finally saving—and tracking our spending. Two out of every five adults (43 percent) say they monitor their spending closely, according to the National Foundation for Credit Counseling. What's more, many women in their 20s and 30s are saving and investing more than they did a year ago, according to a new survey by Citi, and 68 percent expect to cut their debt. And mint.com, an online money-management tool, has seen its users jump to 3.5 million, up from 1.2 million last year. Register with the site to set goals and create a budget. (We also like hellowallet.com.) It might not sound like the sexiest thing on the planet, but the more you know where your cash is going, the less you'll stress.

2 We're opening up about money. A recent national poll found that 91 percent of women are talking finances with their families. Sharing money concerns can be a bonding exercise since you have to find solutions as a family.

3 We're healthier and greener. Some families say they've improved their physical health in the past year by cooking more and spending less on junk food and alcohol. And some are more eco-minded: In one survey, 13 percent of people said they have cut back on driving by riding a bike or walking to work. There's also been a national uptick in farmers markets and car-sharing.

—Beth Kobliner

Save money on everything!

GROCERIES

Never pay full price for meat.

There's usually a weekly sale on one cut each of chicken, pork, and beef. So when you see a rib eye for \$4.99 a pound instead of \$15.99, stock up! "Meat keeps its texture beautifully in the freezer," says Melissa d'Arabian, host of *Ten Dollar Dinners* on Food Network, who also shops every week for a family of six. "You can save more than \$40 a week if you always buy on sale."



Use coupons—they're cool again.

This time, no scissors required. Try sites like coupons.com and couponcabin.com.

Hit the drug-store.

That's where d'Arabian buys canned goods like tuna, as well as dried fruit, because prices are much cheaper than most supermarkets.

CLOTHES

Make a shopping list. Doing so will curb impulse buying, says Jeannie Mai, host of *How Do I Look?* on the Style Network. Keep the list specific ("wedge raffia sandals," not "sandals").

Go online for deals. "Write down the name and item number of the piece you want and Google it," Mai says. Chances

are, zappos.com or shopbop.com will carry it for 20 to 40 percent off. And always add "free shipping" to your search.

Be social. Lots of stores and designers use Twitter and Facebook to offer last-minute and exclusive discounts. "Friend" or "follow" your favorites.

VACATIONS

Rent a condo or villa instead of a hotel room. Nancy Schretter, managing editor of the Family Travel Network, says those rates are often 50 percent below what you'd pay for a hotel. Plus, you can cook in one of these other options. Go online to Vacation Rentals by Owner (vrbo.com), homeaway.com, or redweek.com to rent from a time-share owner.

Don't pay for the kids. Restaurants around the country offer free dining for kids. Find them on websites such as kidsmealdeals.com and Kids Eat Free Restaurants (kidseatfor.com). Even better: Stay at Homewood Suites, where guests of all ages get treated to a free hot breakfast and dinner Monday through Thursday.

Go the extra mile. "A one-hour drive can save you hundreds on tickets,"



58%
of you would rather have
\$1 million in 10 years



42%
would rather
have \$100,000 today



Schretter says. Log on to sites such as farecompare.com and airfarewatchdog.com for comparison shopping.

HOME STYLE

Buy the floor model. Leave your name with a salesperson and say you'd like to purchase the model when the store changes display, says Vern Yip, host and designer of HGTV's *Urban Oasis*. "They're almost always in better condition than anything you could buy used and go for more than 75 percent off retail."

Organize a swap party.

They're not just for clothes. Invite friends over to trade lamps, pillows, and side tables.

Haggle on renovations.

Few industries have been hit harder than construction.

"Nine times out of 10, they'll be happy to negotiate," Yip says.

—Julia Dahl



If given \$500...



85%
of you would spend it at
a discount store



15%
would blow it on one pair
of designer shoes

No matter what the salesperson says, never pay for...

Personal property insurance. Don't insure stuff you can afford to replace, like watches or cell phones. Keep insurance to expenses that you couldn't possibly cover yourself, like major health-care costs.

Premium cable. The average American home gets 130 channels but only watches about 18, according to Nielsen. Depending on where you live, you may be paying as much as \$100 a month. **Stream your favorite movies and TV shows from Netflix for \$9 per month or from Amazon's Video on Demand.**

Rental-car insurance. If you own or lease a car, you might already have collision coverage

("collision damage waiver") and theft protection on rentals. Call your auto insurance provider to find out. You might also be covered for both by your credit card company, so check your card agreement.

Private loans for college. The average public college costs \$7,020 per year (\$18,548 for out-of-state residents), so most families have to borrow. But the interest rates on private loans tend to be higher than federal loans—often in the double digits—and they offer far less generous repayment terms. Go for federal loans like Staffords, PLUS, and Grad PLUS. For details, go to finaid.org or studentaid.ed.gov.



Credit-score monitoring. By law, you're entitled to three free credit reports per year, one from each reporting agency: Equifax, Experian, and TransUnion. Request one at annualcreditreport.com every four months to track what's going on throughout the year. For a free estimate of your score, check out creditkarma.com. The only reason to pay to get your official score immediately is if, say, you're applying for a mortgage. In that case, buy it for \$15.95 from myfico.com.

—Beth Kobliner

How to extend the life of...

FURNITURE

Most people sit in the same chair or spot on the couch, says Robert Vidinha, editor of furniturecaretips.com. Rotate upholstered cushions and dining chairs a couple of times a year to minimize wear.

Vacuum your furniture every time you vacuum the house. Buy covers for the arms of your upholstered sofa or armchair, where stains settle.

Keep furniture out of direct sunlight and

away from air or heating vents.

APPLIANCES

Refrigerators, dishwashers, and washer/dryers peter out when they're constantly overloaded, says Todd Refitt, owner of Appliance Pros in Kansas City, MO. Fill them sensibly, and then maintain.

Refitt suggests installing a water-softening system in your dishwasher; it'll help water valves and pumps last longer. Empty the lint filter on your dryer every time you use it. Forgetting after even one load can trigger overheating and cause a fire. Vacuum the fridge's condenser coil (you'll find it on the back of older models and on the bottom of newer fridges) at least three times a year; if it's clogged, the fridge will suck more power and break sooner.

CAR

Driving with less than a quarter of a tank can damage your fuel pump, says Fred Lajevardi, owner of Auto Care Experts in Mission Viejo, CA. Rotate the tires every 3,000 to 5,000 miles to prevent wear. Wash your car, especially if you live in a cold climate,

where salt on the roads can rust the body and underside of the car.

PRODUCE

Buy whole, not bagged; it'll stay fresher, and it's cheaper.

Plan your early-week meals around the most fragile stuff (like spinach). Firmer goods, such as carrots and apples, can last more than a week.

Hang on to produce—limp broccoli and mushrooms are great for omelets and stir-fries, says Mary Ostin, author of *Family Feasts for \$75 a Week*. And don't waste fresh herbs. Mince them, place in labeled baggies, and freeze. You can also freeze grated cheese and bread.

CLOTHES

Tackle stains ASAP. Trish Suhr, cohost of *Clean House* on the Style Network, carries an emergency kit with a Tide to Go pen to treat mishaps. Hand-wash your bra; it'll last **85 percent longer than if you throw it in the washing machine**, Suhr says. (Wash it every three to five wears, as sweat can cause the straps to break down over time.) And to keep moths from feasting on your wool coat in the off-season, fill plastic baggies with lavender, an insect repellent. Punch small holes in the bags and place them in coat pockets when storing. —Julia Dahl



The new latte factor

Money experts always say that if we just gave up our daily Frappuccinos, we'd all retire rich. Too bad we'd also have morning meltdowns for the rest of our working lives. There's a better way. Jeff Yeager, author of *The Cheapskate Next Door*, assessed the spending diaries of four REDBOOK readers and pinpointed three ways they could cut back without feeling it.

Limit your grocery trips. You're impulse buying if you're going more than twice a week. (Three out of four readers were guilty of this.) Fifty percent of grocery

purchases are impulse—so the more you go, the more you spend.

Find free entertainment. Half of our readers paid for entertainment that they could have enjoyed for free or next to nothing, Yeager says. Check out books at the library, and hit up toy libraries as well. (Log on to usatla.org for one in your area.)

Learn to D.I.Y. Readers dropped \$10 on a car wash that could have been a family activity, spent hundreds on restaurant meals, and shelled out \$68 on weekly dry cleaning. Don't, says Yeager, as "most garments labeled *dry clean only* can be hand-washed or thrown in the washer using Dryel." —Laurel Leicht



50%
of you would rather
have more time



50%
would prefer more
money



53%
of you think it's easier
to tell friends about
your finances

47%
believe it's easier to spill
about your sex lives

8 ways to face and erase your debt



1 Track your interest rates. List all of your non-mortgage debt—credit cards, car loan, etc.—by interest rate, high to low. Put all your extra cash toward paying off the highest-rate debt first, and pay only the minimum on the rest. Repeat this process as you kill off your debts (and remember that interest on some debt, like student loans, may be tax-deductible).

2 Always pay on time. Sounds obvious, but it's the number-one predictor of your credit score. It'll help determine not only the interest rates you'll get on future loans but also whether you'll get the loans at all. Miss a payment on your Visa bill and watch your credit score drop by as much as 100 points. That'll cost you thousands of dollars in interest if you apply for another loan or mortgage.

3 Ask for a lower interest rate on your cards, then get as much of your debt as you can onto those cards. And if you have federal student loans, see if you qualify for a new program called Income-Based Repayment (ibinfo.org), which allows you to pay based on what you earn rather than how much you owe.

4 Use your savings to pay off high-rate debt. Paying off a credit card that's charging you a rate of 14 percent is the equivalent of earning 14 percent on your money. Right now savings accounts are paying less than 1 percent, so it makes no sense to park your money there while the credit card company sucks you dry.

5 Pay a little more each month. Just \$20 more each month on an initial balance of \$1,000 at 16-percent interest can save you \$400 in interest—and you'll be debt-free more than four years sooner.

6 Never use a credit card for cash advances. Not only are the interest rates higher than for purchases, but you may also have to pay a fee of up to 4 percent of the amount you withdraw.

7 Stick to two major credit cards. The next time a salesperson offers you a 10-percent discount for signing up for a store card, just say no. Odds are, the interest rate is 20 percent or higher.

8 Get help. If you're deep in debt, find a nonprofit credit counseling association. (To find one, go to debtadvice.org.) They'll refer you to a debt counselor who can negotiate a reduced monthly payment—as low as 1.75 percent of your balance. —Beth Kobliner

Making It Work

When do you pay vs. D.I.Y.?

PAY ALL THE WAY

Hair (color, cut, you name it)

"OMG, there is no way I would ever cut or color my own hair. I would get a second job to pay for it." —Traci, 42, New Berlin, WI

Plumbing, landscaping

"I am married to a not-so-handyman, so I hire for the lawn-cutting and gutter-cleaning." —Cheri, 49, East Hanover, NJ

Taxes

"Every year my taxes seem so complicated that it's easier to pay someone else to do them." —Stefanie, 32, Las Vegas

TOTALLY D.I.Y.

Manicures

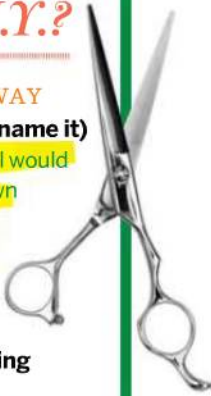
"My motto has always been, 'If you can do it yourself, why pay someone else?' So I do my own mani-pedis." —Wenona, 33, Flint, MI

Housecleaning

"I used to have a cleaning woman come once a month, but I've cut back. Anyway, I'm a cleaning fanatic: In my eyes, no one can clean like me." —Eileen, 59, Brooklyn, NY

Dog-walking

"I was spending \$50 a pop to have my retriever walked, but now I actually look forward to doing it myself. It's the only calm in my day." —Cara, 37, Jersey City, NJ



Making It **Work**

15 treats, \$5 or less!

Add a little happy to your life with these cheapies.



1 Updates any outfit Filigree necklace, \$5; shopthelook.net.

2 Instant chic SW Opti Clear shades, \$4.50; sunglasswarehouse.com.

3 Wakes up eyes Essence Eyeshadow in Big Bang, \$1.99; ulta.com.

4 Covers blemishes and bags E.L.F. Corrective Concealer Neutralize & Brighten, \$3; eyeslips face.com.

5 A statement ring Ring, \$5; charlotte russe.com.

6 Plump lips for a buck N.Y.C. Ultra Last LipWear in English Rose, \$1; newyorkcolor.com.

7 Arm candy Set of bangles, \$4; charlotte russe.com.

8 Pretty danglers Earrings, \$4; charlotterusse.com.

9 On-trend color FingerPaints nail color in Vintage Violet, \$4.99; sallybeauty.com.

10 So rich, you really can stop at one bite Dark chocolate bar, \$3.50; moonstruckchocolate.com.

11 No flowers required Salong vase, \$4.99; ikea.com.

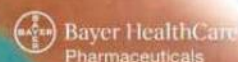
12 Heals dry hands St. Ives Intensive Healing Hand Cream, \$3.99; drugstore.com.

13 They only look like diamonds Baguette stud earrings, \$4.98; silvertreats.com.

14 It's a beauty essential Wet N Wild Mega Length mascara, \$3; wnwbeauty.com.

15 Raises dinner conversation Lumi candle-holder, \$2.95; cb2.com.

Because you're busy,
you need birth control that helps simplify your life.



BAYER, the Bayer Cross, and Mirena are registered trademarks of Bayer.
©2010 Bayer HealthCare Pharmaceuticals Inc. Wayne, NJ 07470. All rights reserved. 150-10-0004-10b



Consider Mirena.®

Mirena is birth control you don't have to think about every day, or even every year. It's a small intrauterine contraceptive made of soft, flexible plastic that's put in place by your healthcare provider during an office visit and all you have to do is check the threads of Mirena once a month.

What else you should know about Mirena:

- Over 99% effective at preventing pregnancy for as long as you want for up to five years
- Once removed, you can try to get pregnant right away
- First contraceptive that's FDA-approved to treat heavy menstrual bleeding
- **Indications & Usage:** Mirena (levonorgestrel-releasing intrauterine system) is a hormone-releasing system placed in your uterus to prevent pregnancy for as long as you want for up to 5 years. Mirena also treats heavy periods in women who choose intrauterine contraception.
- **Important Safety Information About Mirena:** Only you and your healthcare provider can decide if Mirena is right for you. Mirena is recommended for women who have had a child. Don't use Mirena if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease. If you have persistent pelvic or abdominal pain, see your healthcare provider. Mirena may attach to or go through the wall of the uterus and cause other problems. If Mirena comes out, use back-up birth control and call your healthcare provider. Although uncommon, pregnancy while using Mirena can be life threatening and may result in loss of pregnancy or fertility. Ovarian cysts may occur and usually disappear. Bleeding and spotting may increase in the first few months and continue to be irregular. Periods over time may become shorter, lighter or even stop. Mirena does not protect against HIV or STDs. For important risk and use information, please see the brief summary of patient information on reverse side.

To learn more about Mirena,
call 1-877-MIRENA-2 or visit www.mirena-us.com

 **Mirena**®
(levonorgestrel-releasing intrauterine system) 20mcg per day
Keep life simple.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Mirena®

(levonorgestrel-releasing intrauterine system)

BRIEF SUMMARY OF PATIENT INFORMATION

(Consult Patient Insert for complete patient information)

For more information about Mirena, visit mirena-us.com.**Mirena does not protect against HIV infection (AIDS) and other sexually transmitted diseases.**

This information does not take the place of talking with your gynecologist or other healthcare provider who specializes in women's health. If you have any questions about Mirena, ask your healthcare provider. You should also learn about other birth control methods to choose the one that is best for you.

Who might use Mirena?

You might choose Mirena if you:

- Want birth control that provides a low chance of getting pregnant (less than 1 in 100)
- Want birth control that is reversible
- Want a birth control method that does not require taking it daily
- Have had at least one child
- Want treatment for heavy periods and want to use a birth control method that is placed in the uterus to prevent pregnancy.

Who should not use Mirena?

Do not use Mirena if you:

- Might be pregnant
- Have had a serious pelvic infection called pelvic inflammatory disease (PID) unless you have had a normal pregnancy after the infection went away
- Have an untreated pelvic infection now
- Have had a serious pelvic infection in the past 3 months after a pregnancy
- Can get infections easily. For example, if you have:
 - More than one sexual partner or your partner has more than one partner
 - Problems with your immune system
 - Intravenous drug abuse.
- Have or suspect you might have cancer of the uterus or cervix
- Have bleeding from the vagina that has not been explained
- Have liver disease or liver tumor
- Have breast cancer now or in the past or suspect you have breast cancer
- Have an intrauterine device in your uterus already
- Have a condition of the uterus that changes the shape of the uterine cavity, such as large fibroid tumors
- Are allergic to levonorgestrel, silicone, or polyethylene.

Before having Mirena placed, tell your healthcare provider if you:

- Have had a heart attack
- Have had a stroke
- Were born with heart disease or have problems with your heart valves
- Have problems with blood clotting or take medicine to reduce clotting
- Have high blood pressure
- Recently had a baby or if you are breast feeding
- Have diabetes (high blood sugar)
- Use corticosteroid medications on a long-term basis
- Have severe migraine headaches.

How is Mirena placed?

First, your healthcare provider will examine your pelvis to find the exact position of your uterus. Your healthcare provider will then clean your vagina and cervix with an antiseptic solution, and slide a thin plastic tube containing Mirena into your uterus. Your healthcare provider will then remove the plastic tube, and leave Mirena in your uterus. Your healthcare provider will cut the threads to the right length. Placement takes only a few minutes during an office visit.

You may experience pain, bleeding or dizziness during and after placement. If these symptoms do not pass 30 minutes after placement, Mirena may not have been placed correctly. Your healthcare provider will examine you to see if Mirena needs to be removed or replaced.

Should I check that Mirena is in the proper position?

Yes, you should check that Mirena is in proper position by feeling the removal threads. You should do this after each menstrual period. First, wash your hands with soap and water. Feel for the threads at the top of your vagina with your clean fingers. The threads are the only part of Mirena you should feel when Mirena is in your uterus. Be careful not to pull on the threads. If you feel more than just the threads, Mirena is not in the right position and may not prevent pregnancy. Call your healthcare provider to have it removed. If you cannot feel the threads at all, ask your healthcare provider to check that Mirena is still in the right place. In either case, use a non-hormonal birth control method (such as condoms or spermicide) until otherwise advised by your healthcare provider.

How soon after placement of Mirena should I return to my healthcare provider?

Call your healthcare provider if you have any questions or concerns (see "When should I call my healthcare provider?"). Otherwise, you should return to your healthcare provider for a follow-up visit 4 to 12 weeks after Mirena is placed to make sure that Mirena is in the right position.

What if I become pregnant while using Mirena?

Call your healthcare provider right away if you think you are pregnant. If you get pregnant while using Mirena, you may have an ectopic pregnancy. This means that the pregnancy is not in the uterus. Unusual vaginal bleeding or abdominal pain may be a sign of ectopic pregnancy.

Ectopic pregnancy is a medical emergency that often requires surgery. Ectopic pregnancy can cause internal bleeding, infertility, and even death.

There are also risks if you get pregnant while using Mirena and the pregnancy is in the uterus. Severe infection, miscarriage, premature delivery, and even death can occur with pregnancies that continue with an intrauterine device (IUD). Because of this, your healthcare provider may try to remove Mirena, even though removing it may cause a miscarriage. If Mirena cannot be removed, talk with your healthcare provider about the benefits and risks of continuing the pregnancy. If you continue your pregnancy, see your healthcare provider regularly. Call your healthcare provider right away if you get flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge, or fluid leaking from your vagina. These may be signs of infection.

It is not known if Mirena can cause long-term effects on the fetus if it stays in place during a pregnancy.

How will Mirena change my periods?

For the first 3 to 6 months, your monthly period may become irregular and the number of bleeding days may increase at first. You may also have frequent spotting or light bleeding. A few women have heavy bleeding during this time. After your body adjusts, the number of bleeding days is likely to lessen, and you may even find that your periods stop altogether.

In some women with heavy bleeding, the total blood loss per cycle progressively decreases with continued use. The number of spotting and bleeding days may initially increase but then typically decreases in the months that follow.

Is it safe to breast-feed while using Mirena?

You may use Mirena when you are breastfeeding if more than six weeks have passed since you had your baby. If you are breastfeeding, Mirena is not likely to affect the quality or amount of your breast milk or the health of your nursing baby. However, isolated cases of decreased milk production have been reported among women using progestin-only birth control pills.

What are the possible side effects of using Mirena?

Mirena can cause serious side effects including:

- **Pelvic inflammatory disease (PID).** Some IUD users get a serious pelvic infection called pelvic inflammatory disease. PID is usually sexually transmitted. You have a higher chance of getting PID if you or your partner have sex with other partners. PID can cause serious problems such as infertility, ectopic pregnancy or pelvic pain that does not go away. PID is usually treated with antibiotics. More serious cases of PID may require surgery. A hysterectomy (removal of the uterus) is sometimes needed. In rare cases, infections that start as PID can even cause death.
- Tell your healthcare provider right away if you have any of these signs of PID: long-lasting or heavy bleeding, unusual vaginal discharge, low abdominal (stomach area) pain, painful sex, chills, or fever.

- **Life-threatening infection.** Life-threatening infection can occur within the first few days after Mirena is placed. Call your healthcare provider if you develop severe pain within a few hours after Mirena is placed.
- **Embedment.** Mirena may become attached to the uterine wall. This is called embedment. If embedment happens, Mirena may no longer prevent pregnancy and you may need surgery to have it removed.
- **Perforation.** Mirena may go through the uterus. This is called perforation. If your uterus is perforated, Mirena may no longer prevent pregnancy. It may move outside the uterus and can cause internal scarring, infection, or damage to other organs, and you may need surgery to have Mirena removed.

Common side effects of Mirena include:

- **Pain, bleeding or dizziness during and after placement.** If these symptoms do not stop 30 minutes after placement, Mirena may not have been placed correctly. Your healthcare provider will examine you to see if Mirena needs to be removed or replaced.
- **Expulsion.** Mirena may come out by itself. This is called expulsion. You may become pregnant if Mirena comes out. If you notice that Mirena has come out, use a backup birth control method like condoms and call your healthcare provider.
- **Missed menstrual periods.** About 2 out of 10 women stop having periods after 1 year of Mirena use. If you do not have a period for 6 weeks during Mirena use, call your healthcare provider. When Mirena is removed, your menstrual periods will come back.
- **Changes in bleeding.** You may have bleeding and spotting between menstrual periods, especially during the first 3 to 6 months. Sometimes the bleeding is heavier than usual at first. However, the bleeding usually becomes lighter than usual and may be irregular. Call your healthcare provider if the bleeding remains heavier than usual or if the bleeding becomes heavy after it has been light for a while.
- **Cyst on the ovary.** About 12 out of 100 women using Mirena develop a cyst on the ovary. These cysts usually disappear on their own in a month or two. However, cysts can cause pain and sometimes cysts will need surgery.

This is not a complete list of possible side effects with Mirena. For more information, ask your healthcare provider.

Call your doctor for medical advice about side effects. You may report side effects to the manufacturer at 1-888-842-2937, or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

After Mirena has been placed, when should I call my healthcare provider?

Call your healthcare provider if you have any concerns about Mirena. Be sure to call if you:

- Think you are pregnant.
- Have pelvic pain or pain during sex.
- Have unusual vaginal discharge or genital sores.
- Have unexplained fever.
- Might be exposed to sexually transmitted diseases.
- Cannot feel Mirena's threads.
- Develop very severe or migraine headaches.
- Have yellowing of the skin or whites of the eyes. These may be signs of liver problems.
- Have a stroke or heart attack.
- Or your partner becomes HIV positive.
- Have severe vaginal bleeding or bleeding that lasts a long time.

General advice about prescription medicines

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. This leaflet summarizes the most important information about Mirena. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider for information about Mirena that is written for health providers.

© 2010, Bayer HealthCare Pharmaceuticals Inc. All rights reserved.

Manufactured for:
Bayer HealthCare Pharmaceuticals Inc.
Wayne, NJ 07470

This patient information was updated October 2009.
6795103BS

Discover Clean Sheet Day[™] *Week*



new

New Ultra Downy April Fresh has scent pearls that let you climb into renewing freshness for 7 days. Join the conversation at facebook.com/Downy

feel more

ULTRA
Downy
april fresh



Julianne Margulies

is not an infidelity expert

But she plays one on TV, as the betrayed wife on CBS's hit drama *The Good Wife*. So she's got strong opinions on the topic: Yes, she would absolutely confront a cheater. No, she's not tempted personally but she'd tell the truth if she were. She put it all right out there in this conversation with REDBOOK's Lee Woodruff. Listen in! Photographed by Gilles Bensimon







I knew I would be watching *The Good Wife* as soon as CBS began promoting the new drama last fall. They had me at the title: a good wife. Isn't that what we all set out to be? Yet we all define the job description differently once we leave the white dress and veil behind.

Inspired by the high-profile infidelities of political celebrities (Eliot Spitzer, John Edwards, Mark Sanford, who's next?), the show captures the wife's perspective after her powerful husband's bimbo eruption and fall. Julianna has earned an Emmy nomination for playing lead character Alicia Florrick, who has chosen to stand by her man, return to her career as a lawyer, and focus on her kids while trying to maintain her dignity.

I felt a kinship with Alicia, though our circumstances were very different. My husband, the journalist Bob Woodruff, was seen as a hero, not a villain, when he was injured by a roadside bomb in Iraq. But his nightmare rocked my world and thrust me into a public situation for which I was unprepared.

Until the day Bob was injured, in January 2006, our family was in a good place. Bob had just been named the co-anchor of ABC News, and the future stretched out before us. A mother of four and a part-time freelance writer, I had cheerfully supported my husband's career climb, even if it meant operating as a single parent for months at a time. I was satisfied with my life.

One phone call changed all that. The person who had always reported the news became the headline, our family's Christmas card picture displayed with each news story. After I absorbed the initial shock, my maternal instincts kicked in to comfort the children and develop a plan in case my husband never recovered. I spent a year as caregiver, helping Bob get back on his feet and regain his words. There were good and bad days, and I learned firsthand about life in the "after" part of a shock wave.

The Good Wife is about the aftershock we hope never to experience. It's a parlor game that surely every one of us has played: What do you do as a wife and mother when you've followed the rules and life throws in a grenade? What choices would you make if faced with a cheating husband? How far would you go to hold your marriage together?

Those were just a few of the questions I was dying to parse with Julianna, who's been married for almost three years to New York City lawyer Keith Lieberthal; the couple have a 2-year-old son, Kieran. She came to marriage late, at 41, after winning millions of fans, award nominations, and an Emmy as nurse Carol Hathaway on *ER*. Now she's got another giant TV hit and a recent star turn in last spring's independent film *City Island*.

When I meet Julianna in a bustling restaurant in New York's SoHo neighborhood, she is wearing a cropped navy jacket and pants, and nimbly navigates the tables in super high heels that would take down a clumsier woman (like, say, me).

But there is very much a girlfriend quality to her, which is why it's so easy for me to jump right into all the meaty topics that the show brings up, the ones my girlfriends and I have chewed over during many glasses of wine in the kitchen. Where does Julianna stand on temptation and keeping a marriage fresh, and what would she do if her husband cheated? Is she like Alicia?

"Not at all," answers the actress with a smile, after we've placed our orders with the waiter. "Alicia is very measured. She thinks before she speaks, and I am much more reactionary. I am playing a character who is the opposite of me, and that can be a real challenge sometimes. I would never, for example, give up my career for my husband as she has done. I'd find a way to make both my marriage and career work."

And with that, the conversation I've been looking forward to for days is off and running.

Why do you think *The Good Wife* and your character have struck such a chord?

Because as women, we are ultimately trained to put everyone else in front of ourselves, and we are called upon to play many roles. It's in our DNA. And that's what my character Alicia has done in a way. A good wife is someone who thinks she has done everything right: raising the kids, being there for the husband, being home, trying to do it all. Alicia was swept up in the life they led, and then she found out her husband was sleeping with someone else by reading it on a news ticker.

"I watched the Spitzer thing on TV, and it made me so angry. I thought, **How dare you make her be there at that press conference!**"

What would you do in Alicia's shoes?

We all imagine what we would do in these moments—but do we really know for sure how we would respond? I wouldn't be as poised. I watched the Spitzer thing on TV, and it made me so angry—I was riveted to Spitzer's wife, and I thought, *How dare you make her be there at that press conference!* When my character is asked why she didn't know about her husband's



Thank god she gets a happy marriage in real life! As Alicia Florrick, above, and just Julianna, left and below, with husband Keith and son Kieran.

cheating, her answer is simple. "I was unprepared." She was just doing her job, her head was down.

I was fascinated by the episode where Alicia shares an intense kiss with her superior at the law firm, who happens to be her old law-school boyfriend. She then flees and goes home and initiates sex with her husband. What did you think about that scene?

Alicia's husband has cheated on her, she hasn't been touched in nine months, and she essentially uses her husband as a tool to satisfy herself. It was a bold choice for the writers and the show to include that sex scene in an aggressive and dominant way not often seen on network TV. And it was fun to play it that way.

So... are you a good wife?

I love being my husband's wife. I love being one half of a romantic couple. I am a big believer in women's lib, but I love when a man holds a door for me. But a good wife? You'd have to ask my husband that question.

Can you recall a time when you felt like a great wife?

There was one perfect day recently

when I got up at 5:30 with the baby, went to work at 6:30 for 12 hours, grocery shopped, cooked dinner, and then later, my husband and I made love. We both looked at each other that night and said, "This day will never happen again!"

How did you two meet?

I met him when I texted an agent friend. It was my friend's birthday, and I'd remembered that because it was the same day as my grandfather's birthday. This friend invited me to an impromptu party; I walked in, and there was my husband, sitting at a table. So we met totally by accident.

Did he know who you were?

No, he didn't have any idea, and I loved that. We were married two years later.

You waited until after 40 to tie the knot. Was that part of your bigger life plan?

Absolutely. I didn't get married until later for a very specific reason: My parents were divorced and I never wanted to put a kid through that. I definitely met the right person, but I also think part of it is timing. I wouldn't have been ready for the life I have now when I was 30. It's easy to have the chocolate and poems in your life, the whirlwind romance. The hard part of life is being the person who shows up for the parent-teacher conference.

You and Keith have been married for about three years. Can you ever imagine giving in to temptation down the road when the routine of marriage sets in?

I think that when you have gotten things out of your system, you are less tempted by distractions. My only temptations now are chocolate and martinis. I think the hardest thing about cheating would not be the physical act; it would be the trust you break. If you decide to take that person back, you have to make a deal to trust again. I'm very happy with where my life is, but for someone like Alicia, whose husband has jumped in bed with a sexpot, the temptation of being sexually desirable is huge.

Sometimes we're all forced to give up things that are important to us, for our families or our relationships. Where do you draw the line?

The one area where I'm not willing to compromise is to be at a place where I can't be truthful with family and friends. A friendship isn't worth it to me if I can't be honest.

What would you do if you knew a friend's husband was cheating?

I would tell the husband that I know he is cheating and he needs to tell his wife. And if he won't do it, I will.

So why don't more women have affairs? Why don't we see more "Alicias" in the news as the cheaters?

I actually get asked that question a lot. People think I've become some kind of expert on infidelity by playing Alicia. The answer

is simple: We are tired! With all of the things we do in our lives, what woman has the time to fit in an affair?

So having married someone who isn't an actor, how do you make room for both of you with your professional life very much in the public eye?

We include each other as much as possible in each other's lives, and we both try to make sure that our own stuff isn't more important. I never wanted to marry an actor, because he might take some of the things we actors have to do a little more seriously. My husband gets a kick out of the red-carpet antics and sees the humor and the fun in it.

Did you always want to act?

I actually never thought about it until I took a theater course when I was at Sarah Lawrence College and it opened my eyes to a whole new world. I auditioned for a David Rabe play, *In the Boom Boom Room*, and was smitten when I got the part.

Did you wear white go-go boots?

Yes—I loved them! But *ER* was my breakout role. I auditioned on a whim. When I got that part, my character was originally supposed to die. At one point George Clooney called me and said, "I think you are going to live." And I was on the show for six seasons.

Tell me a little bit about your background.

I grew up the youngest of three daughters to parents of Austrian, Romanian, Hungarian, and Russian backgrounds. My dad was in advertising, and that took us to New York, London, and Paris as kids. My parents eventually divorced, and we girls moved back to the United States

"It's easy to have the chocolate and poems in your life, **the whirlwind romance.** The hard part is being the person who shows up for the parent-teacher conference."

with my mother. It was my mom's attitude that gave me my own outlook on life. I learned from her to look at the glass as half full. Even in the hardest situations, my mother would tell us, "If we can't bear it, we'll go home." And the challenge of making it work became far more interesting than giving up and admitting defeat.

What's one thing no one ever told you about motherhood?

How little sleep you get.

What's been one of your most satisfying moments as a mother?

Hearing my son say, "I love you."

How did becoming a mom change you or your priorities?

Being a mother has made me more patient and more hyper-aware. I wasn't someone who enjoyed being around lots of little kids before I had my son. But now I see the world through their eyes. I got some interesting offers to work during *The Good Wife*'s hiatus, but I wanted to spend the time with my family. Right now it's about wanting to see my child every day and being 100-percent present when I'm with my family.

What are you afraid of?

Public speaking. I gave the graduation speech at Sarah Lawrence, my alma mater, this year, in front of 2,500 people, and I was totally out of my comfort zone. I love acting because I can slip on someone else's shoes, but having it be me up there and my words—it was terrifying.

What advice did you give them?

Small gestures can have a big impact. If you walk down the street and smile at someone, that will get passed to the next person. That has the power to change someone's day. **R**



Julianna plays the "which is worse" game

Her character makes hard choices on *The Good Wife*: Stay in her marriage or go? Follow her heart or do what's best for her kids? We asked Julianna to make a few tricky calls of her own.

Which is worse... Knowing that you've been cheated on or not knowing?
Knowing. I'm a believer in "Ignorance is bliss."

Your husband forgetting your birthday or forgetting

your husband's birthday?
Forgetting my husband's birthday. The reason I met my husband was because I remembered a friend's birthday. The moral of the story is: Remember people's birthdays.

When your husband tells you how tired you look or when no one seems to notice?
When my husband tells me.

People being able to reach you anytime, any place or no one

being able to find you?
People reaching me at anytime. When I'm with my family, I prefer to not have distractions.

Not sleeping for a day or not talking for a day?
Not sleeping for a day.

I think the whole world should try not talking for a day.

Telling a lie to protect someone or telling them the truth even if you know it'll hurt?
Telling a lie to protect someone.

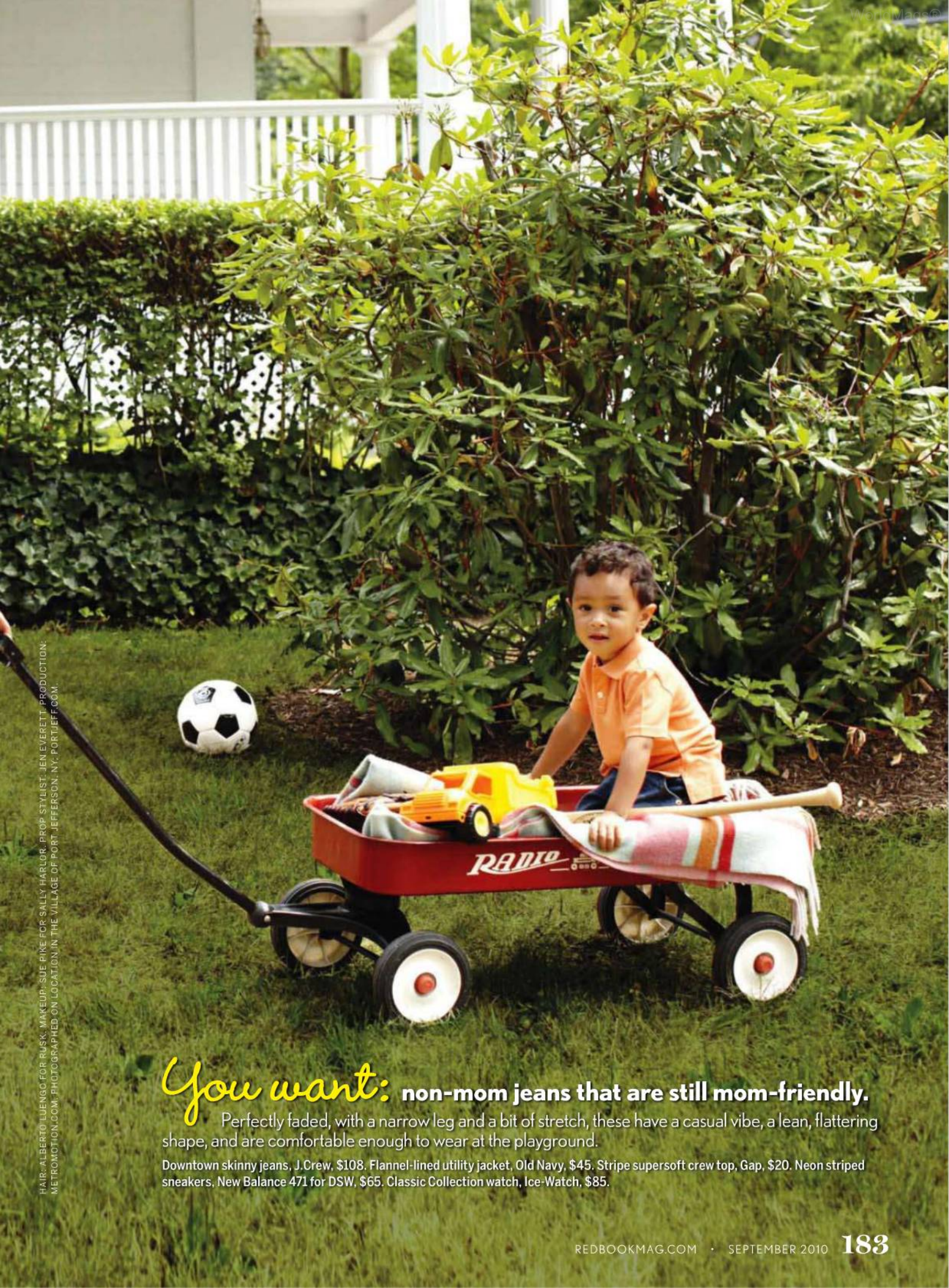


The sexiest, most flattering jeans *ever!*

The right jeans should fit your life, work with your style—and make your butt look uh-ma-zing. To save you hours of dressing-room drama, we've found the pairs that do all that and more.

Photographed by Keith King

Fashion Editor: Audrey Slater



HAIR: ALBERTO LUENGO FOR RUSK. MAKEUP: SUE PIKE FOR SALLY HARLOR. PROP STYLIST: JEN EVERETT. PRODUCTION: METROMOTION.COM. PHOTOGRAPHED ON LOCATION IN THE VILLAGE OF PORT JEFFERSON, N.Y. PORTJEFF.COM.

You want: **non-mom jeans that are still mom-friendly.**

Perfectly faded, with a narrow leg and a bit of stretch, these have a casual vibe, a lean, flattering shape, and are comfortable enough to wear at the playground.

Downtown skinny jeans, J.Crew, \$108. Flannel-lined utility jacket, Old Navy, \$45. Stripe supersoft crew top, Gap, \$20. Neon striped sneakers, New Balance 471 for DSW, \$65. Classic Collection watch, Ice-Watch, \$85.

38

OPEN

*You want:***comfy jeans
that fit like a
second skin.**

Stretchy and sleek, the latest "jeggings" are a go-to for grown-ups. Just add a loose top that covers your bottom and keep your footwear flat and rugged to nail this leg-slimming look.

Anarchy jeggings, Denimocracy, \$83. Cashmere ombre rectangle turtleneck, Autumn Cashmere, \$322. Suede stud boots, Simply Vera Vera Wang, \$110. Asymmetrical Brim Wool Felt hat, San Diego Hat Co., \$54. Kristin Pleated satchel, Coach, \$398.

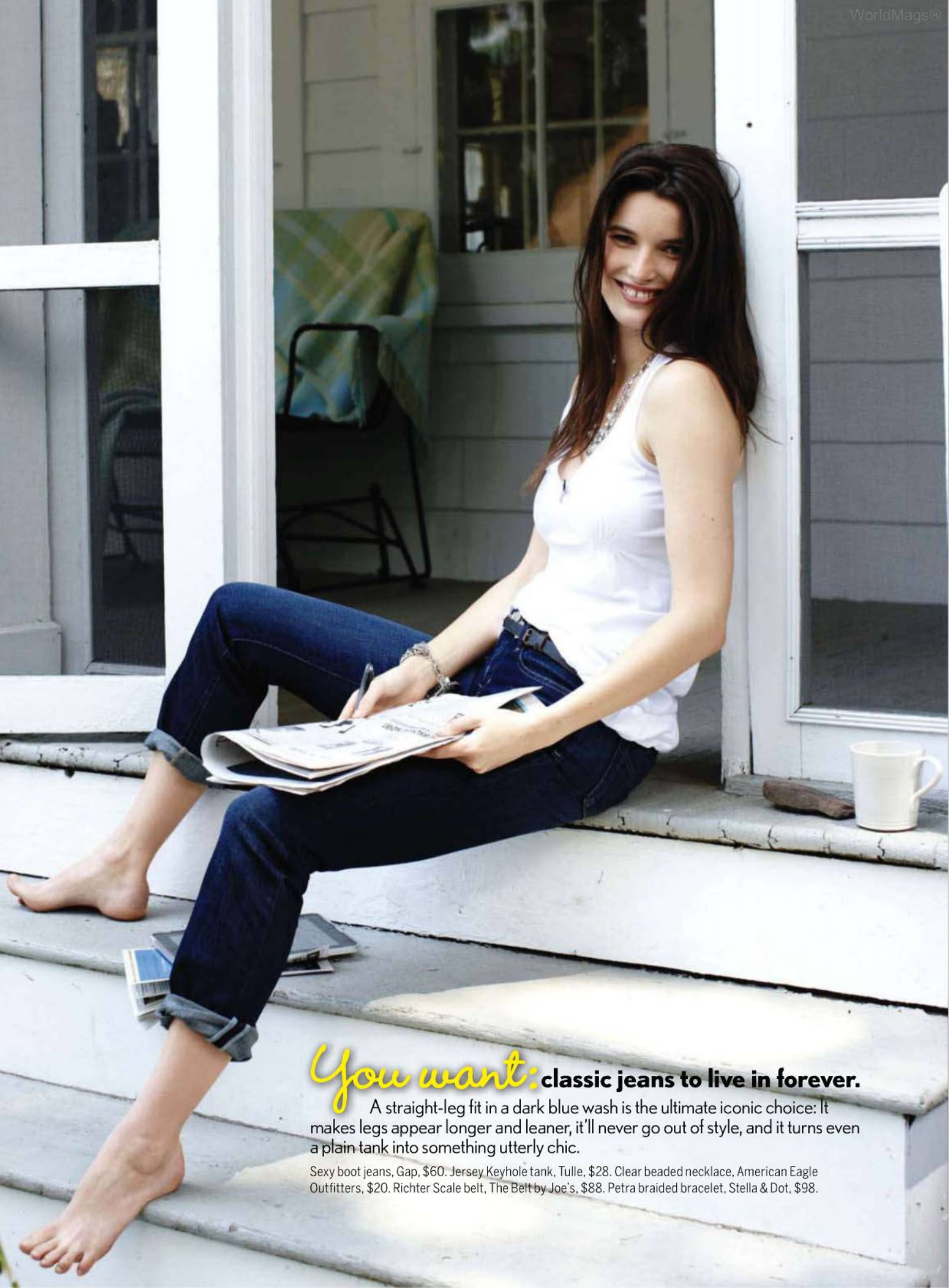




You want: boyfriend jeans your husband will like.

We love the looser fit of a boyfriend style, but let's face it, men hate the baggy butt. Solution: This new take has a slimmer leg and fitted hips. Wear them with a bit of sparkle and the result is pretty and confident, not at all grungy.

Boyfriend jeans, Gap, \$70. Sequin Charliize cardigan, J.Crew, \$138. Oversize button-down shirt, Love Sam, \$175. Hank oxford flats, Daniblack, \$175. Covered buckle skinny belt, The Limited, \$20.



You want: **classic jeans to live in forever.**

A straight-leg fit in a dark blue wash is the ultimate iconic choice: It makes legs appear longer and leaner, it'll never go out of style, and it turns even a plain tank into something utterly chic.

Sexy boot jeans, Gap, \$60. Jersey Keyhole tank, Tulle, \$28. Clear beaded necklace, American Eagle Outfitters, \$20. Richter Scale belt, The Belt by Joe's, \$88. Petra braided bracelet, Stella & Dot, \$98.



You want:
**jeans that only
 look designer.**

Luxe details such as contrast stitching and a deep, dark rinse make these seem way more expensive than their \$40 price tag. Add classic separates and you've got an overall rich feel.

Straight jeans, American Eagle Outfitters, \$40. Cedar Lane coat, Trina Turk, \$642. Silk georgette blouse, Walter, \$198. Belinda wedges, Michael Michael Kors, \$135. Brooches, both My Jewelry Box, \$79 to \$89. Grand Prix belt, Ariat International, \$35.

Can jeans really flatten your belly?

We test that claim and more.

THE CLAIM: Eliminates all evidence of tummy pooch

THE JEANS: M'Chic "Skinny" jeans, \$49

THE VERDICT: "If I wear a fitted tee with jeans, I usually need a Spanx tank to slim down my midsection and avoid muffin top, but I didn't with these—I almost felt Photoshopped!" says deputy editor Sunny Gold. "But the special belly-flattening waistband on these wasn't so breathable, and it did roll down, which was irritating. Regardless, the smoothing effect was totally and absolutely worth it."

THE CLAIM: A perfect fit for women with serious curves

THE JEANS: Beija Flor "Sydney Capri" jeans, \$145

THE VERDICT: "It's hard for a curvy girl like me to find skinny jeans (since I'm not skinny), but I loved these," deputy art director Sarah Muñoz says. "They have enough stretch to flatter my round parts but enough structure so they still look like jeans, not leggings."

THE CLAIM: Long enough for women 5-foot-8 and up

THE JEANS: Long Tall Sally "Alisa" jeans, \$79

THE VERDICT: "My current favorite jeans are great when I'm wearing flats but are way too short with heels," reports 5-foot-9 copy editor Laurel Leicht. "These were the perfect length with my four-inch wedges—brilliant!"

THE CLAIM: Stretch fabric that's extra-comfy—and keeps its shape

THE JEANS: Lee "Joplin Barely Bootcut" jeans, \$42

THE VERDICT: Beauty editor Krista DeMaio says, "These jeans held me in, especially in the rear, but were still comfortable. When I moved, they stretched, and when I sat, the waistband didn't dig into my skin. And the butt didn't sag by the end of the day, so I can get away with not washing them before wearing them again."

You want:

jeans that go from work to dinner.

A dark, sleek trouser style streamlines you from waist to ankle. Plus, they're as polished as black pants—but way more fun.

Hutton jeans, Citizens of Humanity, \$154. Tweed Verte Sparkle jacket, Chico's, \$129. Remy blouse, Ellelauri, \$112. Nydia heels, AMI Clubwear, \$25. Live, Laugh, Love necklace, Elva Fields, \$228. Swar bangle, Rosena Sammi, \$75. Patent skinny belt, J.Crew, \$35. Leather studded tote, Ember Skye, \$599.

What to wear on top to look slimmer on the bottom

Good news: There's not just one must-wear jean shape this season. But having all those options—from ultra wide-leg to super skinny—can make choosing the right tops a challenge. Follow these simple guidelines:



Choose a floaty blouse when wearing slim or skinny jeans. The combo looks balanced.

Relaxed jeans call for a fitted, tailored shirt that plays off their boyfriend-y fit.

Counteract voluminous wide-leg jeans with a top that's tucked in to show off your waist.

TREND YOU'LL LOVE



Kim Kardashian in the trend.

The season's hottest look in denim is a twist on the skinny jean, only with motocross-inspired seaming, cross-stitching, and patches at the knees. Celebs like Katie Holmes and Cameron Diaz rock it—and you can too. Slightly toned-down, affordable options are just about everywhere right now.

Cuff 'em or hem 'em?



CUFF

straight and slim-leg jeans and wear them with flat shoes like oxfords or ballet-style skimmers. The key is to roll the bottom of each leg only about two inches above the ankle—going any higher can make your legs appear short.

HEM

flared and boot-cut styles so they fall just above the ground when you're in shoes. The wider the leg, the chunkier the shoe, so pick platforms or stacked heels with wide jeans and skinnier heels with boot-cuts.

Now that's a good jeans deal

The PacSun store is known for surf- and skate-inspired style, but we're impressed by the grown-up designs of its new Bullhead line. It's chock-full of flattering cuts and washes at a great price: Beginning September 3, you can score any two pairs for only \$55! For more info, go to shop.pacsun.com.

Your best back view ever!

To truly flatter your butt, you need a pair of jeans that fits you perfectly in the rear *and* waist. Too bad that's the most elusive pair of all! Levi's new sizing system, Curve ID, has finally solved this denim dilemma, promising to deliver a hip-and-backside-hugging fit. Every size will be offered in three shapes, based on the difference in circumference between a woman's hips and her seat (below the butt). The greater the difference, the curvier the body. Simple as that.

1 BOLD CURVE is for truly curvy women, who are often stuck wearing jeans that gap at the waist. This cut emphasizes a slim midsection and flatters a round backside.

2 DEMI CURVE is for women who have a more defined waistline and hips but no butt. The jeans make a modest rear look perky and sculpted.

3 SLIGHT CURVE suits straight-figured women whose jeans tend to fit in the hips and thighs but are too tight in the waist. The straighter cut guarantees a nice, snug (but not too snug) fit across the behind.



Levi's Curve ID, \$58 to \$98; levi.com.



How to *love him* like you just met him!

Want a marriage complete with butterflies in your stomach, secret smiles, PDA, nooners (seriously!), and that feeling of *Wow, we really click*? Five crazy-in-love couples prove it's possible.
By Jennifer Benjamin

the five couples you're about to meet are just like you and your guy: busy committed people who love each other a ton. But these men and women also have quite the reputation: Family, friends—even strangers—say they're simply some of the most romantic, most connected people they've ever been around. Is it just superficial schmoopiness? Nope. They work at their bond—and over the years, each have developed a few simple strategies that help keep them close. "Sustaining the spark in a relationship isn't automatic, no matter how much you love one another," says Rita DeMaria, Ph.D., a relationship educator in Philadelphia. "Every couple fights, has their rough patches, and goes through times when they might even feel a little bored. But those who take the necessary steps to turn things around and find their groove again often fall more in love than when they first got married." Here's how our relationship role models have done it. Go ahead, try out some of their tricks—just don't be surprised if your friends start grumbling, "Get a room!" ►

Make time to get naked!

Jaiya Kinzbach and Ian Ferguson,
Los Angeles

What they're known for:
Being the "sexy ones"

"One afternoon, I went over to Jaiya's and I guess I arrived a little early," says Ellen Heed, who's been good friends with Jaiya for three years. "No one answered the door, so I just headed into the backyard and waited for her in her garden. When she came outside, she was floating, with this dreamy, afterglow expression. That look told me more than any words or gestures what was happening between her and Ian. If they're having noons, they're definitely still hot for each other!"

Their strategy: Sex dates

"After the birth of our son, over a year ago, our sex life really suffered," Jaiya says. "Not only were we both overwhelmed with being new parents, but the sex itself was a little different and difficult at first as my body was healing." They first started trying to have sex about four months after their son was born, and after a few months of less-than-satisfying



Together
for
8 years



sex coach Patti Britton, Ph.D. Jaiya says the consistency is key: "The important thing for us is to stick with it—miss a week here, a week there, and suddenly you're disconnected," she says. "Ian and I fantasize about our sex dates all week, which builds up the anticipation. And honestly, we don't always have sex. Sometimes it's just about being close with each other: taking a bath together or me having a good cry in Ian's arms."

COURTESY OF SUBJECTS (2). CELEBS FROM LEFT: GEORGE BUSH PRESIDENTIAL LIBRARY AND MUSEUM, KEVIN MAZUR/WIREIMAGE, MATTHEW IMAGING/WIREIMAGE, FRANK MICELOTTA/GETTY IMAGES.

THE HAPPY-COUPLE HALL OF FAME

What secrets can you learn from these famously-in-love pairs?



George and Barbara Bush,
married 65 years

When it comes to handling life's stress, Barbara has said, "You either grow apart or together. We always turned to each other."



Jada Pinkett Smith and Will Smith, married 12 years
This A-list couple flaunts their secret: "Have great sex to have a great marriage," Jada told REDBOOK.

Kevin Bacon and Kyra Sedgwick,
married 22 years

How do they keep the sizzle going? Bacon said just last year, "I think you've gotta keep the fights clean and the sex dirty!"



Patrick Dempsey and Jillian Fink,
married 11 years

"You have to make time to spend together and to work through your issues," the heartthrob has said. "The more we grow and learn, the closer we get."

PHOTO CREDIT TK

Point out what's right, not just what's wrong

Sara and Jason Fell, Boulder, CO

What they're known for: Being the definition of a "happy couple"

"Sara and Jason live with this total sense of gratitude—they're the first to make toasts at parties or do a cheers to a great day," says Sara's sister Bianca D'Elia. "I think their appreciation for the small things is a huge part of their marriage." One example, from a chaotic family Thanksgiving the couple hosted last year: "There were at least 12 adults having many different conversations, lots of food being passed around, and five kids running all over," Bianca says. "But I totally caught Jason and Sara having a 'moment.' They sneaked a kiss and a hug in the kitchen, and then took in the scene of their home filled with family, friends, neighbors, kids, dogs, and food and wine. It looked like they felt really lucky."

Their strategy: A monthly relationship talk about the good and the bad

"We've been through a lot together, including moving back and forth across the country, having two young kids, and starting businesses,"



Married for 6 years



These two remember to celebrate life's little highs.

Sara says. "But we have a lot to be grateful for, and we try not to lose sight of that. We talk through issues as they come up, and aim to check in at least once a month on the state of our relationship. We try to focus on the positive and not get bogged down with regret or what's missing."

Being able to recognize all the positives in your life and relationships makes you a happier person—and a better partner, DeMaria says: "When couples tell each other how

thankful they are for each other and their lives, it reinforces that feel-good energy in the relationship and makes any problems seem smaller."

Know that it's not just the big things like family holiday dinners that should be celebrated. "Truly happy people know how to savor the everyday—they know how nice it is to simply sit on the couch and watch a movie," says Krista Bloom, Ph.D., a relationship therapist in Fort Lauderdale, FL. "Those small moments often have more of an impact than any sweeping romantic gesture ever could, because they're more connected to who a couple really is." ▶



Kelly Ripa and Mark Consuelos,
married 14 years

Kelly has a marriage motto that keeps them going strong: "Affection. I say, reach out and grab your husband's hand every once in a while... because a little bit of that gets you a little bit of a back rub, which gets a little bit of, 'You look pretty today.'"

Iman and David Bowie,
married 18 years

These two have sustained a high-profile romance for almost two decades. Their secret? They're truly friends: "I still fancy him, and he makes me laugh like no one else does," Iman has said. "He's such a curious person, always interested in new things, and I find that interesting too."



Barack and Michelle Obama,
married 17 years

The First Lady has said their marriage is "not perfect," but even in the midst of the crisis in the Gulf of Mexico, the two had date nights. And the President has been known to bring home flowers for his wife.

Do your own thing once in a while

Shonika Proctor and Patrick Oberman, Washington, DC

What they're known for: Being truly proud of each other "Shonika and Patrick are very different people and don't love all the same things," but they still get so excited about what the other person is doing, says Shonika's friend Donna Johnson. "When one of them is in their element, the other always seems to be looking on like, *Do you see my honey right now?* You can just see the respect and admiration they have for each other, and that they incredibly still find the other person interesting, even after all this time!"

Their strategy: Spend some time apart each week "It's easy to get into a routine with your spouse and lose track of the things that make you who you are," Shonika says. "But you're no good to each other if you aren't doing the things you're passionate about." After all, those traits are what attracted you to your partner in the first place, says Jennifer Oikle, Ph.D., a clinical psychologist in Denver. Says Shonika: "We make sure we each stay connected to what we love. For my husband, it's often organizing non-profit music and arts festivals around DC. And I volunteer a lot

Married for 8 years



2005

Shonika and Patrick are each other's biggest cheerleaders.

mentoring teens." Cultivating your own hobbies and activities "injects your relationship with excitement because you're bringing new things to the table," Oikle explains. "Plus, it lets your partner see you as a smart, layered person out there exploring the world, which makes you even more desirable." Shonika says that's true for her and Patrick. "When we see all the things the other person has been up to, we get to rediscover each other in a new way," she says. "It keeps the relationship dynamic and evolving."

Create your own happy hour

Dianne and Scott Sikel, Phoenix

What they're known for: Being each other's BFF

"I met Dianne and Scott a couple years ago, when I was working at a café they went to a lot," says 21-year-old Graciella Castillo. "I noticed them because they're so cute together. She'd always get there before him, and when Scott walked in, they'd get these goofy smiles on their faces and hug and kiss. At first I thought maybe they hadn't seen each other for a long time, but after weeks of this, I found out that they'd been married for 10 years! I'd never seen a couple who was so sweet together and into each other like that after years of marriage."

Their strategy: Twice-weekly mini-dates "Four years ago, Scott and I realized we were kind of growing apart," Dianne says. With their 6-year-old son, their full-time jobs, and a house

Their strong friendship boosts their attraction.

Married for 11 years



1999

to keep up, their lives had become a list of to-do's instead of want-to's. "Things just got really boring," she says, "so we began planning happy hours two or three times a week." They meet right after work for coffee or sometimes a margarita while their son is at his after-school program. (Scott, a civil engineer, goes into work early on those days so he can leave in the late afternoon; Dianne has her own business as a life coach, so her hours are flexible.) "It's an hour or two just for us, because once we get home, we have to deal with chores, cooking, homework, and parenting," Dianne says. Mini-dates like this allow you to reconnect as a couple, talk about things that have nothing to do with parenthood, and build on your friendship, Oikle says. "If you want to start feeling that buzz again, you need to get some time alone, away from the home and all of its responsibilities," she says. "Even if it's just 20 minutes twice a week." What you do isn't important, says DeMaria. The key is simply to be alone together. "You made the time when you were dating," she says. "It's just as vital when you're married."

All this togetherness has not only strengthened the couple's friendship, but it's revved things up in the bedroom, too. "These dates helped us reconnect and feel like ourselves again—younger, more fun, more attractive," Dianne says. "We're having more sex than we ever did!" ►

FOLLOW YOUR INNER COMPASS

Leave the familiar behind and seek a world of adventure. Outside, challenge yourself to climb mountains, run whitewater rapids or sail the open ocean. Inside, go far beyond what you thought you knew about yourself, your capabilities, your dreams. Set sail on one of 500 wilderness adventures – and be amazed at what you'll discover within.

No Experience Necessary.

This is Outward Bound. This challenge belongs to you.



**Outward Bound
Wilderness**

www.outwardboundwilderness.org
1-888-88BOUND



Flirt shamelessly with each other

LaShawn and Charles Swann, Atlanta

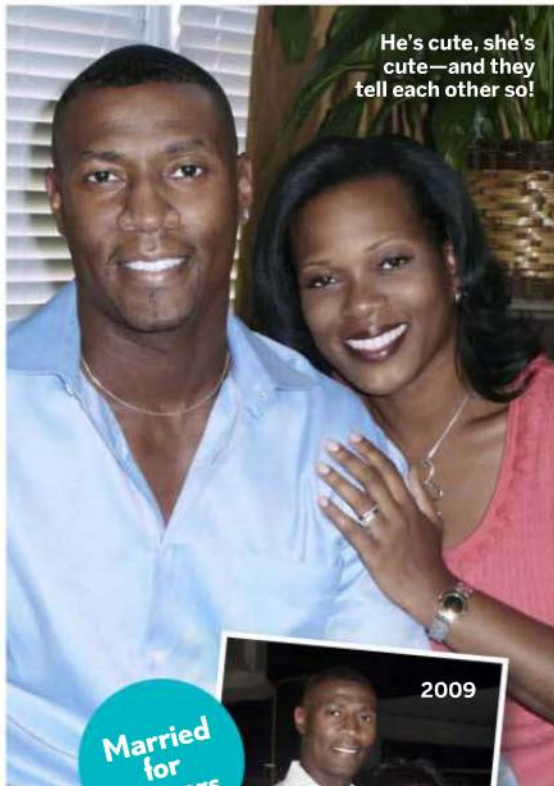
What they're

known for: Acting like teenagers in love. "Anyone who's ever been around these two knows that they're a really hot couple," says Tracy Cooper, who's been best friends with Charles since college. "They're constantly touching, they call each other 'babe,' he opens doors for her. They two of them act like they're still dating. Even on Facebook, they send each other these sexy wall posts, or comment on how gorgeous the other is. As a single person, I'm kind of like, *Do I really have to see this?* But they're so good together and so in love, it really just inspires me to look for the same kind of relationship they have."

Their strategy: Compliments—lots and lots of compliments

"I remember reading once that you want to be the person telling your mate that they're beautiful or handsome; you don't want them just hearing it from other people, because that's when couples become distracted!" says LaShawn. "So we're always complimenting each other—yes, sometimes even on Facebook—and trying to make each other feel good. We're big flirts. It boosts our self-confidence as individuals and heats things up between us, too."

To sustain the spark, you've got to make your partner feel sexy, as well as loved, Oikle explains. "Showing each other affection is not the same as creating heat," she says. "We all crave that feeling of being desired. It's something we get a lot of in the beginning of a relationship, but not as much as time goes on." So take a cue from LaShawn and Charles: The next time you think your husband looks kind of hot in that baseball cap or business suit, go ahead and tell him! And ask him to do the same.



Married for 13 years



8 WAYS TO DATE YOUR HUSBAND

Sweet and flirty little tips that make marriage feel, well, unmarried!

By Erin Zammett Ruddy



➤ **Kiss like you mean it.** Because you do.

➤ **Fantasize about your future together.**

This could be about a fabulous trip to Europe (perhaps one you'll never take, but that's not the point), next Saturday night, or, if your kids are *Nanny 911* material, being empty-nesters.

➤ **For every house/child/finance-related question or comment** you email or text, write one that does not ask him to do or think about anything other than you. ("Hey babe, xo" works.)

➤ **Get a bikini wax** just for the heck of it. Yeah, *that* kind.

➤ **Have him plan your next night out** from start to finish. Arrive separately so you get to spot each other across a crowded room.

➤ **Ask him for updates on his friends**, even if you couldn't care less what his boy "Terd" is up to.

➤ **Tell him to bring his A-game** with the next gift he buys you. (Note: You'll do the same.)

➤ **Sit on the same couch** while you watch TV. On the same end.



Crystal Light is
making a splash.



WATER YOUR BODY

Want a delicious way to get
more water into your day?
Try New Pure Fitness Crystal Light.

No artificial sweeteners

No artificial flavors

No preservatives

Low calorie

Plus electrolytes

take note

Enter for a chance to win \$500 in the Get Glam with Vassarette® Sweepstakes

Feel gorgeous and comfortable all day long with the supportive Full Figure Side Shaper Underwire bra from Vassarette. The invisible side-shaping and seamless cups provide coverage and a smooth, beautiful profile. Plus, the leotard-style back and cushion straps provide stay-in-place comfort.

Visit www.vassarette.com to see the collection and find out where to buy.



VASSARETTE®

You could win \$500!

Spice up your wardrobe with a glam shopping spree! One lucky winner will receive \$500 from Vassarette to enhance her closet.

Enter now at
www.redbookmag.com/rboffers.

No purchase necessary to enter or win. The Get Glam with Vassarette® Sweepstakes is sponsored by Hearst Communications, Inc. Beginning 8/22/10 at 12:01AM (ET) through 9/30/10 at 11:59PM (ET). Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States, District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/rboffers.

CLASSIFIEDS 800-823-1377

Ladies Talk Free to Men Nationwide
1-800-628-LIVE Men Call 1-800-321-LIVE .69

FREE PSYCHIC READING Powerful and Amazing Predictions! Specialists in Love, Destiny, Money, Passions, Fortune, Luck & Problems. 1-800-716-1175

FREE minutes
CALL THE PSYCHIC STARS® NETWORK
PSYCHICSTARS.COM 1-800-461-8328
Registered with the U.S. Government

\$600 WEEKLY potential!! Process HUD/FHA refunds from home. No experience. 1-800-277-1223 Ext 293
www.ncisonline.com

Amazing Doctors Diet - All Natural - You Lose 40lbs Fast! Guaranteed. \$49.95 money-order Wilson Imports
PO Box 84, Gambrells, MD 21054

FREE FUN NOW 1-800-699-9999
Your fantasies are calling you!
So many men, so little time... 18+

**Ladies FREE
Hot Sexy Talk!**
1-800-507-TALK

**FREE
PSYCHIC READING**
• Real Love • True Romance
• Big Money • Pure Passion
1-888-726-0099
TEL ENT ONLY CALL FOR DETAILS ASAPnow.com



Relax . . .

NAMS has the facts
about menopause



NAMS

THE NORTH AMERICAN
MENOPAUSE SOCIETY

www.menopause.org

162

Redbook Shopper Advertising

Contact: Michael Rohr

212.649.2924

mrohr@hearst.com

redbook notebook

what's new, noteworthy & now

MEMORY WALK 2010®

Join us for the Alzheimer's Association Memory Walk® to raise awareness and funds for Alzheimer care, support, and research. More than 5 million Americans are living with Alzheimer's disease, but together we can do something to stop it. Visit alz.org to start a team today.

alzheimer's association
memory walk®

BUILD STRONG FAMILIES WITH MILK

Milk is naturally nutrient-rich like no other beverage and provides nine essential nutrients that every family needs. Making sure that milk is always on the table is an easy way you can build a strong family. Visit www.whymilk.com to learn more about the advantages of putting milk on the table.

**BUILDING
STRONG
FAMILIES**



PUP-PERONI® DOG SNACKS

Our Pups know how to speak to us. And with a real-meat taste and a mouth-watering aroma, only Pup-Peroni® dog snacks let them know we're listening. Find out more at www.pupperoni.com.



This could be your living room!



Interior designer Kelly Wearstler is a busy woman: She runs her design firm, Kelly Wearstler Inc., and has developed her own line of fabrics, rugs, wall coverings, and more. She's also been a judge on Bravo's *Top Design*. But her top job is being mom to sons Elliott and Oliver.

ROOM: JAMES WADDELL, PORTRAIT: COURTESY OF SUBJECT

How much would it cost to have *über*-designer **Kelly Wearstler** create a serene refuge like this for you? Trust us, you don't want to know. But her tips and our budget-friendly finds are within reach for all of us.



Want to steal this look? Turn the page. ➡

Living

1stdibs.com is a great source for cool pieces, like this white plaster frieze, which creates interest without overpowering the sofa.

Exposed wooden feet add sophistication to the large-scale furniture. The style can vary from piece to piece, as long as the color of wood is the same.

1. Start with a neutral canvas.

Try one cool tone (like gray) and one warm one (here, golden tan) on walls, then have fun working in varied patterns, textures, and mismatched decorative objects. Paint swatches, right: Polished Pewter (top) and Misty Moonstone, both glidden.com.

2. Use trendy pieces as accents. "Look for unanticipated elements that add sophistication and excitement," Wearstler says. Right now, think fruit: Golden apples and pears look glam on a side table or mantle and are inexpensive enough to swap out when you get bored. Gold apple and pear fruit, \$18 each; tozaihome.com for stores.

3. Invest in your focal point. "If you're going to splurge, do so on a big, comfy piece of furniture," Wearstler says. This soft gray sofa has great style (it's in the details, like contrasting welting and loose pillows), but the microfiber-suede fabric makes it tough enough to withstand kids (yes, even yours). La-Z-Boy Daphne sofa in Emmanuel, \$999; la-z-boy.com.



3



2



4. Use pattern on the floor. "A classic Moroccan motif is ornate but timeless," Wearstler says. Geneve rug in spa, \$229; ballarddesigns.com.

5. Sneak in an extra table. "Texture can make surfaces surprising," says Wearstler, who likes a little glossy lacquer in a room. The black stool below adds shine and steps in as backup seating when you need it. Garden stool, \$75; shopwildthings.com.

6. Create the illusion of space

"The coffee table plays off the scale of the sofa and generous room size," Wearstler says. Even an average-size room feels big and airy with a glass-topped coffee table. Our find, below, has room for books, pretty objects, and a glass of wine. Chisholm rectangular coffee table, \$359; broyhillfurniture.com for stores.



5



6



Our Pups know how to speak to us.

And with more real beef* and a mouthwatering aroma, only Pup-Peroni® has the irresistible flavor that lets them know we're listening.



*Original Beef Recipe vs. the leading Soft & Chewy dog snacks competitor. ©Del Monte Foods. All Rights Reserved.

Dogs Just Know™
pupperoni.com

Living



7. Stick with one finish.

Wearstler suggests using just one metallic finish throughout a room. Matte gold or bronze adds warmth. Cornelia two-light wall sconce, \$88; bellacor.com.

8. Decorate with things you love.

"Don't overthink the decorative items," Wearstler advises; just buy what appeals to you. You don't need to globe-trot to discover international-looking finds—it's all online. Thank you, Amazon! Buddha, \$29; amazon.com/home.

9. Bring in bright accessories.

Wearstler's trick for mixing wildly different patterns? Keep it within the color palette. Far right, we've paired blue and yellow pillows. Handwoven ikat pillow cover, \$30; lunabazaar.com. Unison static pillow, \$36, and reed pillow, \$52; allmodern.com.



10. Junk? What junk?

"Decorative, fabric-covered boxes, vases, and vessels are pretty places to conceal mess," Wearstler says. (Use this box to stash the remote.) White box, \$50; notremonde.com.

11. Pull up extra seating.

"The main pieces of furniture should always be in proportion to one another," Wearstler says. So if your sofa has overstuffed pillows and deep seats, your chairs should too. Tyler armchair, \$699; potterybarn.com.



12. Pair warm tones with cool shades.

Even left unlit, the warm amber bases of these table lamps play against the cool neutral shades in the room. Amber glass night light table lamp, \$150; lampsplus.com.



BOX, PILLOWS: PHOTOGRAPHED BY GREG MARINO/STUDIO D.
ALL OTHER PRODUCTS: COURTESY OF MANUFACTURERS.



Your child could be

oneless
 ♀ person affected by HPV disease.



Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.


GARDASIL.
 [Human Papillomavirus Quadrivalent
 (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com

1-800-GARDASIL

Talk to your child's doctor today.



Having trouble paying for your Merck medicine? Merck may be able to help. Visit merck.com/merckhelps.

GARDASIL is a registered trademark of Merck & Co., Inc. All rights reserved. 21002221(11/0613)-GRD-CON

Patient Information about GARDASIL® (pronounced "gard-Ah-sill")

Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.¹ You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?

GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
 - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
 - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
 - GARDASIL does not treat HPV infection.
 - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?

You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?

Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?

GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

Can other vaccines and medications be given at the same time as GARDASIL?

GARDASIL can be given at the same time as RECOMBIVAX HB[®] [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

What are the possible side effects of GARDASIL?

The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?

The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

Issued June 2010

Manufactured and Distributed by:

¹Registered trademark of MERCK & CO., Inc.
Whitehouse Station, NJ 08889, USA
COPYRIGHT © 2006, 2009 MERCK & CO., Inc.
All rights reserved

Pick One. Just One.

Save Their Life For \$250. You'll End Up Smiling Too.



Ming, 6 months, China



Shiva, 1 year, India



Mot, 13 years, Cambodia



Durgap, 5 years, India



Funmi, 8 years, Nigeria



Salazar, 5 years, Philippines

Smile Train provides free cleft surgery which takes as little as 45 minutes and costs as little as \$250.

It gives desperate children not just a new smile—but a new life.

*"...one of the most
productive charities —
dollar for deed — in the world."*

—The New York Times

Help children with clefts and other problems.

☐ \$250 Surgery. ☐ \$125 Half surgery. ☐ \$50 Medications. ☐ \$ _____

Mr./Mrs./Ms. _____ Zip _____

Address _____ City _____ State _____

Telephone _____ eMail _____

Credit Card # _____ Expires _____

☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover Signature _____

☐ My check is enclosed. Z10091054ZFNY23

Smile Train, P.O. Box 96211, Washington, DC 20090-6211

Donate online: www.smiletrain.org or call: 1-800-932-9541



SmileTrain

Changing The World One Smile At A Time.

According to the U.S. Government, women should take sufficient levels of folic acid (400 micrograms/day) during pregnancy to help prevent neural tube defects and reduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven to reduce the risk for neural tube defects by 50 to 70 per cent. Be sure to receive proper prenatal care, quit smoking and drinking alcohol and follow your health care provider's guidelines for foods to avoid during pregnancy. Foods to avoid may include raw or undercooked seafood, beef, pork or poultry; delicatessen meats; fish that contain high levels of mercury; smoked seafood; fish exposed to industrial pollutants; raw shellfish or eggs; soft cheeses; unpasteurized milk; pâté; caffeine; and unwashed vegetables. For more information, visit www.SmileTrain.org. Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations. © 2010 Smile Train.

Tacos done right!

We're talking Tex-Mex that's healthy, faster than takeout, and as exotic as you want it to be. Just pick a protein and build a better taco with no-cook toppings. You can whip one up for the weeknight or make all five for an insta-party. **By Frank P. Melodia**



SKIRT STEAK

Our 5-step plan couldn't be easier. Choose from each group and serve.

1. PROTEINS

Skirt steak
Tilapia
Chorizo
Carnitas
Chicken

2. FILLINGS

Pickled onions
Charred corn
Guacamole

3. SALSAS

Salsa cruda
Salsa verde
Pineapple salsa
Chipotle sauce

4. TOPPINGS

Shredded lettuce
Lime wedges
Queso fresco
Cheddar
Monterey jack
Sour cream
Cilantro sprigs

5. DRINKS

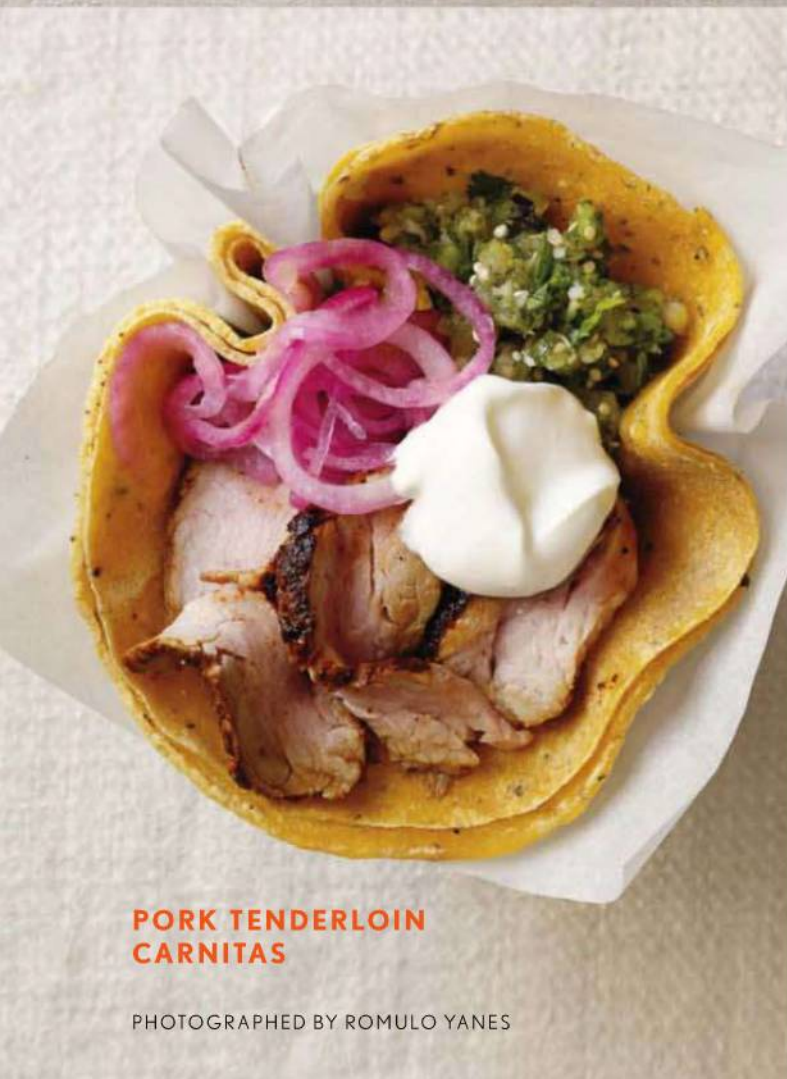
Margaritas
Fruit frescas



TILAPIA

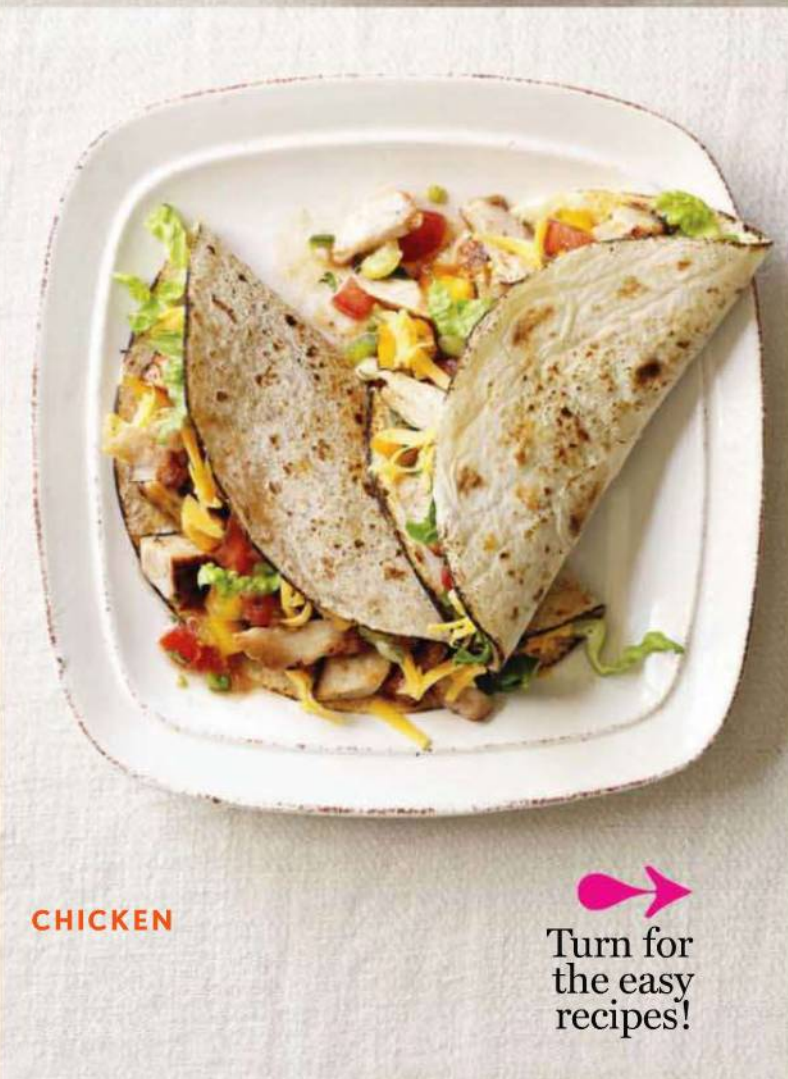


CHORIZO



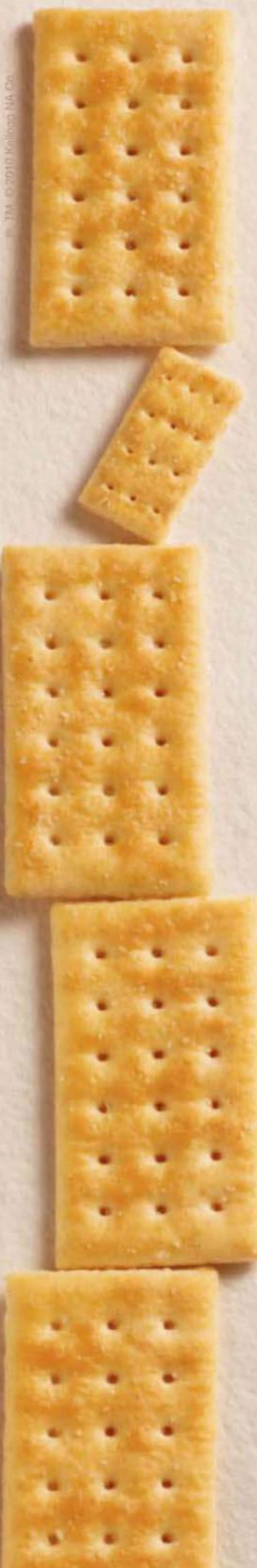
PORK TENDERLOIN
CARNITAS

PHOTOGRAPHED BY ROMULO YANES



CHICKEN

Turn for
the easy
recipes!



**We have no height
requirement.
Which comes as a great
relief to our new friend.**

Introducing New Club® Minis.
Our latest addition's the perfect
size for soups, salads and chili.

Light, flaky, buttery.



Tacos done right!

1 PICK YOUR PROTEIN There's something for everyone: meat, chicken, pork, fish. The common denominator? They're all big on flavor and short on prep work. Just season them and send them to the skillet or grill. Corn or whole-wheat tortillas and some yummy extras do all the rest.

**SKIRT STEAK**

Cut 2 lb of well-trimmed skirt steak into 3 or 4 smaller pieces; pat dry with paper towels and season all over with kosher salt and freshly ground black pepper. Mix $\frac{1}{4}$ cup olive oil with $1\frac{1}{2}$ tsp ground cumin and 1 tsp garlic powder. Brush steak with oil mixture and grill over hot coals (or broil 4 inches from heat source), 3 minutes per side, brushing with any remaining oil, for medium-rare doneness. Let rest 5 minutes before slicing across the grain into thin strips. **Makes 8 servings.**
Each serving: 237 cal, 15g fat, 23g protein, 0g carb

**TILAPIA**

Cut 2 lb of small tilapia fillets in half lengthwise; place on a baking sheet. In a small cup, mix 2 foil packets of Goya sazón with 1 tsp dried Mexican oregano (crumbled), 2 Tbsp vegetable oil, and 1 Tbsp orange juice. Brush mixture over fillets. (Fish can be prepared up to this point 2 hours before grilling or broiling.) Place fish on a nonstick or well-oiled cooking grate over a hot fire or coals and grill (or broil 4 inches from heat source), 3 minutes per side (depending on thickness) or until cooked through and flaky. Break into smaller pieces with a fork. **Makes 8 servings.**
Each serving: 143 cal, 6g fat, 22g protein, 1g carb

**CHORIZO, ONIONS, AND PEPPERS**

Cut 2 lb dried chorizo into thin slices; cut 1 large white onion into $\frac{1}{4}$ -inch dice and 1 large yellow bell pepper (seeded) into thin strips. Sauté chorizo, onion, and pepper in 3 Tbsp olive oil in a large, deep skillet over medium-high heat, 4 to 6 minutes or until browned. **Makes 8 servings.**
Each serving: 573 cal, 49g fat, 28g protein, 5g carb

**PORK TENDERLOIN CARNITAS**

Butterfly two 1-lb pork tenderloins and lightly flatten each with a meat mallet or rolling pin to 1-inch thickness. Rub each tenderloin all over with $\frac{1}{3}$ cup of your favorite dry rub for pork. (Tenderloins can be rubbed, wrapped, and refrigerated up to 8 hours before cooking.) Lightly brush pork with olive oil and grill over hot coals (or broil 4 inches from heat source) 5 to 7 minutes per side. Remove to a cutting board and loosely tent with foil. Let rest 10 minutes or until internal temperature reaches 150°F. Cut across the grain into thin slices. **Makes 8 servings.**
Each serving: 175 cal, 7g fat, 25g protein, 3g carb

**CHICKEN**

Rub 2 lb boneless, skinless chicken thighs all over with your favorite chile dry rub. (Chicken can be rubbed, wrapped, and refrigerated up to 8 hours before grilling or broiling.) Lightly brush chicken thighs with olive oil and grill over hot coals (or broil 4 inches from heat source) 7 minutes per side or until cooked through. Let rest 5 minutes before cutting into thin slices. **Makes 8 servings.**
Each serving: 183 cal, 10g fat, 20g protein, 1g carb

Tacos done right!

2 ADD FILLINGS

They're *delish and* healthy. Most of these add almost no fat or calories.

PICKLED RED ONIONS

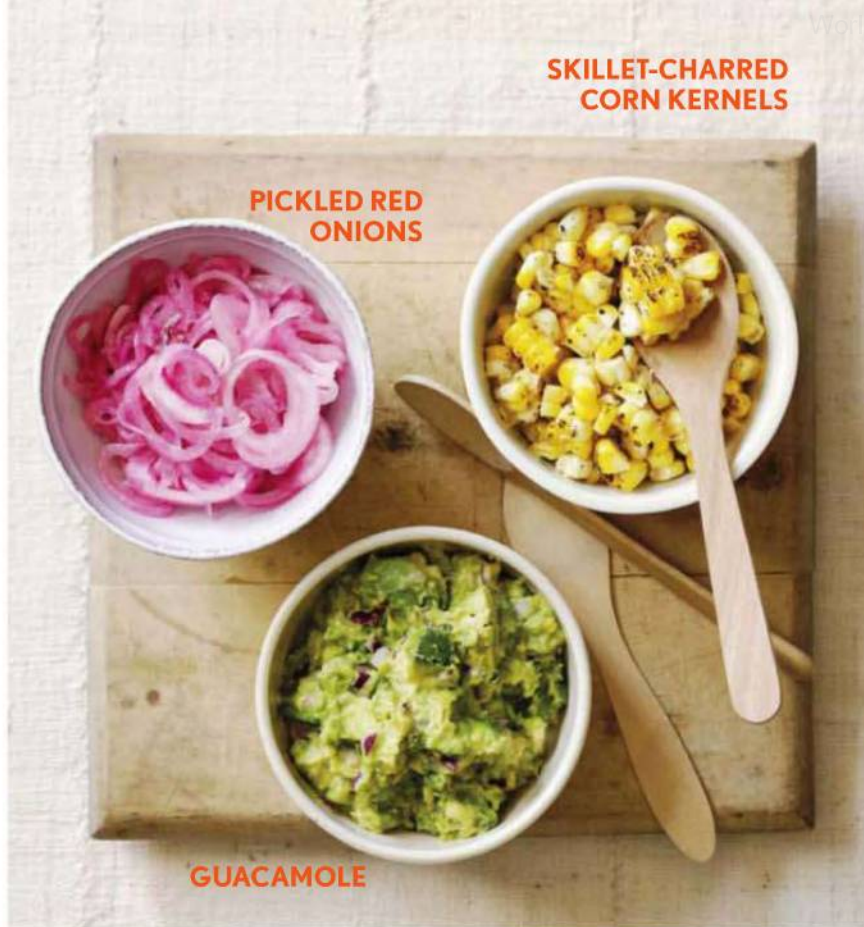
Very thinly slice 2 medium red onions ($\frac{1}{8}$ inch thick with a v-slicer, mandoline, or knife). Separate into rings and toss in a bowl with 3 Tbsp fresh lime juice or rice vinegar and 1 tsp coarse salt. Let stand until softened, about 1 hour; drain. (Can be made up to 24 hours ahead and refrigerated.) **Makes 1½ cups.** Each (1-Tbsp) serving: 3 cal, 0g fat, 0g protein, 1g carb

SKILLET-CHARRED CORN KERNELS

Sauté 3 cups fresh (from 4 or 5 ears of corn) or frozen corn kernels in a preheated large cast-iron skillet 3 to 5 minutes, stirring constantly, until kernels are lightly charred. Season with coarse salt and freshly ground pepper to taste. (Can be made up to 3 hours ahead, covered, and kept at room temperature.) **Makes 3 cups.** Each (1-Tbsp) serving: 10 cal, 0g fat, 0g protein, 2g carb

GUACAMOLE

Spoon 4 ripe, halved, pitted Hass avocados into a bowl. Using a fork, mash avocados just until chunky. Stir in 3 Tbsp fresh lime juice, 3 Tbsp minced red onion, 2 large minced jalapeño chiles (seeds carefully removed), $\frac{1}{4}$ cup finely chopped fresh cilantro, and $\frac{1}{2}$ tsp salt. **Makes 3 cups.** Each ($\frac{1}{4}$ -cup) serving: 95 cal, 8g fat, 2g protein, 6g carb



SKILLET-CHARRED CORN KERNELS

PICKLED RED ONIONS

GUACAMOLE

3 CHOOSE A SALSA

Pressed for time? Straight outta the jar will work just fine.

SALSA CRUDA

Combine 2 lb mixed tomatoes (cut into $\frac{1}{2}$ -inch dice) with $\frac{1}{3}$ cup chopped cilantro, 2 Tbsp olive oil, 1 Tbsp lime juice, 1 small shallot (minced), 1 jalapeño chile (seeded, minced), and coarse salt to taste. Can be made up to 8 hours ahead and refrigerated. **Makes 4 cups.**

SALSA VERDE

Heat a stovetop grill pan over medium heat until very hot (about 5 minutes). Grill 1 lb large tomatillos (papery husks removed), 2 large jalapeño chiles, and 6 large unpeeled garlic cloves, turning frequently with tongs until skins of tomatillos, chiles, and garlic are charred in several spots. Transfer tomatillos to a food processor; remove papery skin from garlic cloves, and stems (and seeds, if less spicy is desired) from chiles. Add to processor with 1 small bunch



SALSA CRUDA

SALSA VERDE

CHIPOTLE TACO SAUCE

PINEAPPLE SALSA

Turns the Goldstein residence
into the *Goldstein*
RISTORANTE



Mary Goldstein is not your typical Italian restaurateur. She simply pours new Bertolli® Arrabbiata Sauce with its juicy tomatoes, spicy red peppers and pure olive oil over baked chicken for a restaurant-worthy meal at home in no time. Bravo Maria!

For your own menu of ideas visit BertolliRistorante.com.



Italy is served.

CHICONOMICAL CELEBRATIONS

WITH **Sauza**
TEQUILA

“USE THE GIFTS OF SUMMER TO CREATE AN ENVIRONMENT WHERE YOU AND YOUR FRIENDS CAN RELAX AND HAVE FUN.”

—CATHY RIVA, CELEBRITY PARTY PLANNER

Before the back-to-school mad dash begins, **savor the last days of summer by hosting an end-of-summer soiree at home.** After all, what's more refreshing than a night of chatting and laughing with your girlfriends? Try these **chiconomical tips** from celebrity party planner Cathy Riva to give the season the send-off it deserves.



- 1 Decorate with summer stuff.** Use bright beach towels as tablecloths, put votive candles in seashells, and stash utensils and napkins in colorful little beach buckets.
- 2 Serve seasonal treats.** This time of year, seasonal goodies—like the fixings for barbecues and s'mores—tend to be on sale. Stock up so you can serve your guests a taste of summer without breaking the bank.
- 3 Bring the garden to your table.** Use foliage and flowers from your backyard as a centerpiece, or put one or two buds in a small vase or jelly jar at each place setting. Let the girls take these home as party favors.
- 4 Savor the memories.** Toss disposable cameras around your party space, and encourage your friends to snap away. Later, you can send a few photos to each friend as a post-party treat.
- 5 Toast to good times.** With Sauza® Blanco Tequila you can find many creative ways to toast to the great times you had this summer—and the many more to come!

SAUZA® CHICARITA



1 can of frozen limeade
1 bottle of light beer
1 can of Sauza®
Blanco Tequila
1 can of water

Pour frozen limeade and beer into pitcher with ice. Fill empty limeade can with Sauza® Blanco Tequila and pour into pitcher. Fill empty limeade can with water and pour into pitcher. Stir and enjoy.

MAKES 9 SERVINGS.



INVITE SAUZA® TO YOUR NEXT LADIES NIGHT!

It'll be a gathering all the girls will remember. Try new Sauza® Margarita Cocktail Cube™. It's as easy as putting ice in a glass—no shaking or stirring required!



FOR MORE RECIPE IDEAS, VISIT [FACEBOOK.COM/SAUZAMARGARITAS](https://www.facebook.com/sauzamargaritas).

For recipes and party tips visit facebook.com/sauzamargaritas



BOOK CLUB + SAUZA MARGARITAS = THE PLOT THICKENS

GET THE SAUZA OUT FOR LADIES NIGHT IN



DRINK RESPONSIBLY. Sauza® Tequila, 40% alc./vol. ©2010 Sauza Tequila Import Company, Deerfield, IL.
Facebook is a registered trademark of Facebook, Inc. Sauza is a registered trademark of Tequila Sauza, S de RL de CV.

Tacos done right!

cilantro; pulse into a rough salsa. Season with fresh lime juice and coarse salt to taste. (Can be made up to 1 day ahead and refrigerated.)

Makes 2 cups.

PINEAPPLE SALSA

Combine 2 cups finely diced fresh pineapple, 3 Tbsp chopped scallions, 2 Tbsp finely minced red Fresno chile (seeded) or red cherry pepper, and coarse salt to taste. (Can be made up to 1 day ahead and refrigerated.)

Makes 2 cups.

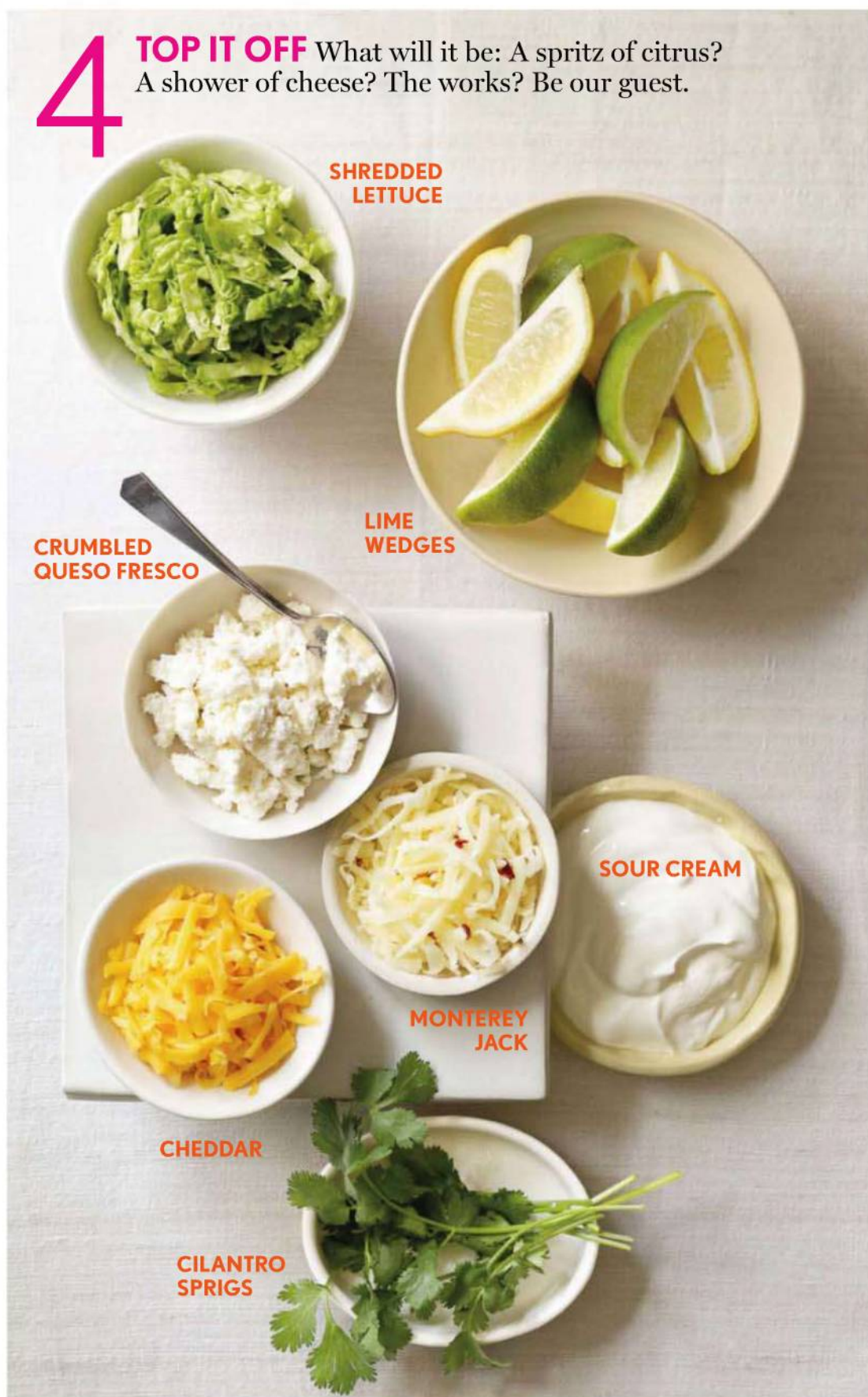
CHIPOTLE TACO SAUCE

Pulse 1 (14.5-oz) can fire-roasted diced tomatoes in juice, 3 chipotle chiles in adobo sauce (from a can), 2 Tbsp adobo sauce, 1½ Tbsp fresh oregano leaves, 2 cloves chopped garlic, and ½ tsp ground cumin in a blender or food processor until sauce is almost smooth (you want it to have a few small chunks). Season with coarse salt to taste. (Can be made up to 2 days ahead and refrigerated.)

Makes 2 cups.

4

TOP IT OFF What will it be: A spritz of citrus? A shower of cheese? The works? Be our guest.



Not all love notes
are written.
Some are made.

Real ingredients like eggs, vinegar, and oil that's a good source of Omega 3^{ALA}.
Half the fat and calories.** Hellmann's® Light is the perfect way to spread a little
love. For recipes, visit hellmanns.com



it's time for real sandwiches



PERFECT PULLED PORK

INGREDIENTS

5 lbs. boneless pork butt shoulder
 1 ½ tsp. smoked paprika
 2 tsp. black pepper
 1 tsp. cayenne pepper
 1 tsp. dried thyme
 1 tsp. garlic powder
 ½ tsp. salt
 1 c. water
 soft sandwich buns

DIRECTIONS

Combine all seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on **LOW** for 6-8 hours or on **HIGH** for 4-5 hours or until pork is very tender.

Place pork on large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

Serves 16-20

TheOtherWhiteMeat.com

pork

pork
checkoff

©2010 National Pork Board,
Des Moines, IA USA. This message
funded by America's Pork Checkoff Program.

Tacos done right!



5 POUR DRINKS

Cheers! Wash down all that spicy goodness with this refreshing pair—one boozy, the other kid-friendly.

MARGARITAS

Stir together 1 (750-ml) bottle silver tequila, 1 cup triple sec or Cointreau, and 1½ cups fresh lime juice in a pitcher; cover and refrigerate until very cold. (Can be done 1 day ahead.) To serve, rub the rim of each glass with a cut lime wedge and dip the rim into coarse salt to coat it thoroughly. Fill glasses with ice cubes and pour margarita mix over ice. Garnish with lime wedges.

Makes 32 margaritas (about 3 oz margarita mix per drink). Each serving: 79 cal, 0g fat, 0g protein, 4g carb

WATERMELON FRESCAS

Puree 8 cups of watermelon (you'll need at least an 8-lb seedless watermelon) in a food processor or blender. Add to a pitcher with ⅓ cup fresh lime juice and ⅓ cup agave nectar or ⅔ cup superfine sugar, stirring to blend; cover and refrigerate until very cold. (Can be done up to 8 hours ahead.) Serve in glasses filled with ice, topped with a splash of seltzer and a lime wedge.

Makes 20 frescas. Each serving: 47 cal, 0g fat, 1g protein, 11g carb

*Perfect Pulled
Pork Sandwich*



COME & GET IT.

When you've got a million things to do, it's nice to know dinner can take care of itself. After some quality time in your slow cooker, Perfect Pulled Pork will be fall-apart tender, mouthwateringly moist and ready to please! Find recipes, simple cooking tips and more at TheOtherWhiteMeat.com



©2010 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.



INTRODUCING WONKA® EXCEPTIONALS



THIS IS HOW



DOES CHOCOLATE



Downtime

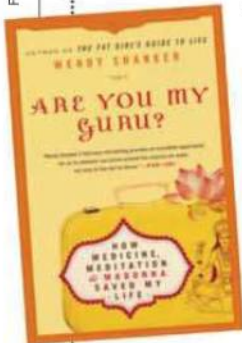
Movies, Music, TV, Books, Travel, and Fun

FILMMAGIC/GETTY IMAGES, COURTESY OF PUBLISHER, GILES KEYTE/FOCUS FEATURES, COURTESY OF PUBLISHER.

SELF HELP FOR SKEPTICS

When all else fails, try divine intervention. This was Wendy Shanker's MO when, at age 33, she was diagnosed with a rare autoimmune disease. While trying to get well, Shanker consulted what sounds like a bad joke setup: rabbis, priests, yogis—hence the title of this memoir, *Are You My Guru?* In the end, her powwows gave Shanker what she

needed most: a go-with-the-flow attitude. Shanker's book is a comforting, comic companion that reminds you there's more than one path to travel when you hit a "What now?" bump in the road.



MUSIC



WHO'S GONE COUNTRY?

When multiplatinum pop artists **Maroon 5** teamed up with unlikely producer Robert John "Mutt" Lange (known for his work with AC/DC and Def Leppard), we wondered: Would the men of Maroon turn into metal-heads? Not at all! Instead, the guys sound soulful as they try their hands at playing country (with Lady Antebellum!). We're digging it. **On sale September 21.**

MOVIE

THE MONTH'S BEST EYE CANDY

In *The American*, an assassin hides out in an idyllic Italian town and tries to resist any friendships or romantic trysts that might complicate his final mission. Yes, it's standard action-flick fare, but "the American" in question is George Clooney, at his rough-around-the-edges sexiest. **Opens September 1.**

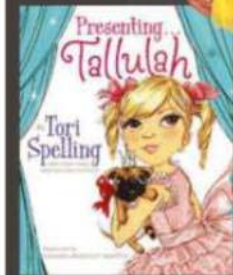


BOOK

A Tori story

From her tell-all memoirs to her reality TV shows, we all know Tori Spelling isn't afraid to speak and live out loud. Now she's teaching that lesson to kids in her first children's book, *Presenting... Tallulah*, about a little girl who doesn't want to fit in. Read with your kids, then take the lesson to heart yourself.

Tallulah is a spunky blonde—sound familiar?



MUSIC

Stuck on repeat We hummed Sara Bareilles's "Love Song" (from her debut, *Little Voice*) for months, so it's no wonder we're fans of her new album, *Kaleidoscope Heart*. With a gorgeous, clear voice and the beautiful melodies she plays on the piano, it's official: Sara's here to stay. **On sale September 7.**

CLOCKWISE FROM TOP: COURTESY OF RECORD COMPANY.

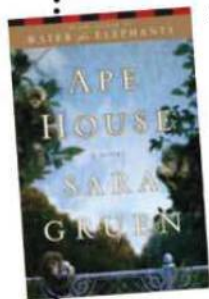
Downtime

BOOK

Share it with the club

Ape House by Sara Gruen

The author of the wildly best-selling *Water for Elephants* returns with a new novel, this time focusing on another odd population: a community of apes who can speak sign language—and who are on a reality TV show.



Sounds like an out-there premise—and it is—but keep reading, because Gruen delivers a tale that's full of heart,

hope, and compelling questions about who we really are.

DVD



ATTENTION GLEEKS!

Now *Glee* fanatics everywhere can indulge their obsession to its fullest. The complete first season of the Fox hit comedy is available on DVD on September 14. Relive all your favorite moments—the football team's "Single Ladies" routine, the Lady Gaga episode, Sue Sylvester's "Vogue" video—again and again and again....

NATE BERKUS TURNS YOU INTO A DESIGNER

Just because Nate Berkus is Oprah's design guy doesn't mean he only thinks big-budget. On *The Nate Berkus Show*, premiering this fall on NBC, he says personal style beats pricey stuff every time. So how do you find yours? Nate explains.

What's the best way to add style to your space?

Incorporate the things you love into the decor of your home. If you adore fashion, create a gallery wall of framed images from vintage magazines. If you're inspired by nature, place a piece of driftwood on your coffee table or fill a vase with branches from trees in your backyard. There should be at least one personal story attached to every area the eye hits.

What if I admire other people's style but can't figure out my own?

Make a note of the things that

make you smile. They may be things you see on television or in magazines, or colors that calm you down. Maybe it's a shade of lipstick you always wear, a blue that reminds you of the water on a favorite vacation, or vintage fashion photos. You can even keep a file of all the ideas you have, so you can dip into it when you're ready. It's a process to assemble a home or even just a room. Take the time to make sure that everything around you means something.

So what's the payoff when you're done?

When we're surrounded by things that are pretty and that we love, we feel better!

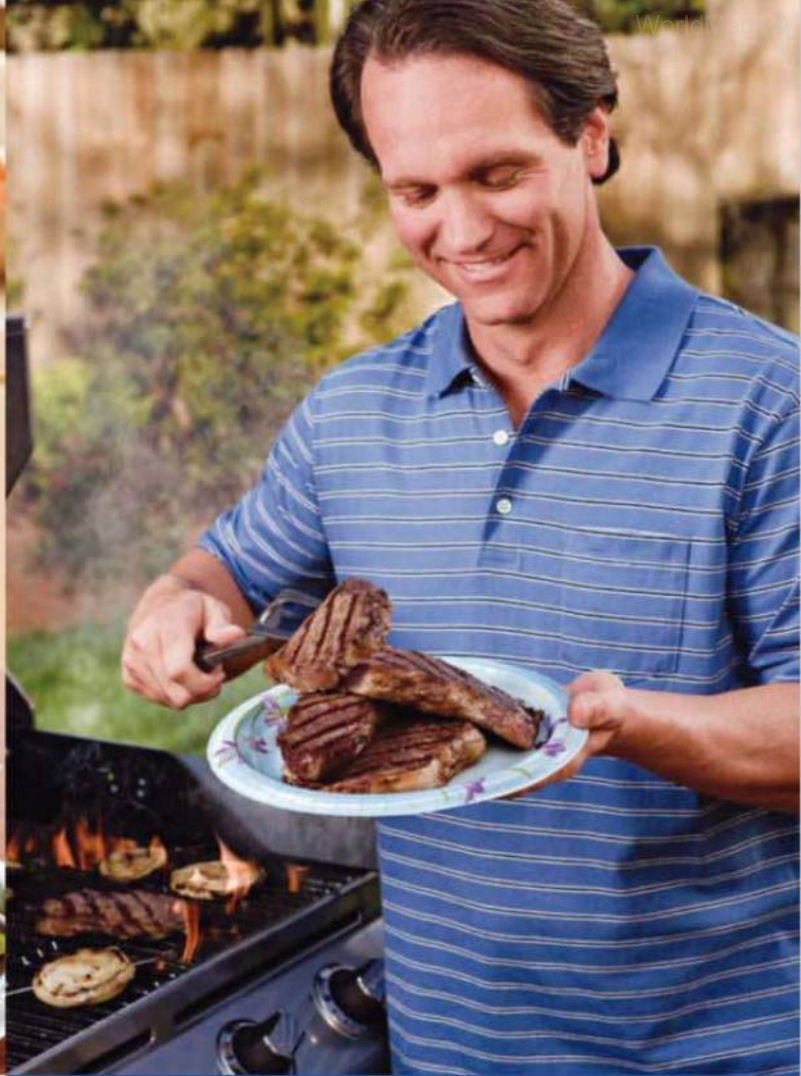


MOVIE

YOUR NEW CONVERSATION-STARTER

Is something broken in American public education? If so, what do we have to do to fix it? These are the questions tackled in **WAITING FOR "SUPERMAN,"** a new documentary from the director of the Oscar-winning *An Inconvenient Truth*. Parents and nonparents alike will find themselves rooting for the movie's stars: real kids. Their stories give a peek behind the abysmal statistics that bog down our discussions about "the system."





10x
STRONGER
THAN PLAIN
PAPER PLATES*

Bring on the heavy,
Bring on the messy,
Dixie Ultra® can handle it.



*than the leading 9 inch plain white uncoated paper plates

© 2010 Dixie Consumer Products LLC. All rights reserved. Dixie Ultra, Soak Proof Shield and logo, and the  logo are trademarks of Dixie Consumer Products LLC.

SHRINK AWAY

FLATTEN
AWAYFADE
AWAY

Treat Scars - New and Old

ScarAway introduces **Patented Silon® Technology**, trusted and used by Burn Centers, Plastic Surgeons and Hospitals around the world. Now, the same technology is available to you, without a prescription. Finally, a real solution for scars.

All Skin Tones • All Ages
www.MyScarAway.com

©2010 Mitchell-Vance
 Laboratories LLC

CLINICALLY
 PROVEN

Walgreens. DUANEreade. Fred Meyer
 and other fine retailers

ScarAway
 The Solution for Scars™
Silicone Scar Sheets

Silon® is a registered trademark of Bio Med Sciences, Inc.

Downtime

TV

HERE COME THE NEW FALL SHOWS!

UNDERCOVERS NBC, Wednesdays, 8 p.m. Steven (Boris Kodjoe) and Samantha Bloom (Gugu Mbatha-Raw) used to be the CIA's top spies—until they retired to suburban civilian status. But they're plucked from a life of lawn care when the CIA calls them back into action in this J.J. Abrams (*Lost*, *Alias*) drama.

RUNNING WILDE Fox, Tuesdays, 9:30 p.m. Steve (Will Arnett) is a selfish, conservative playboy who wants to win over his childhood sweetheart, Emmy (Keri Russell), a bleeding-heart humanitarian and single mom. Things get cutely complicated.

BETTER TOGETHER ABC, Wednesdays, 8:30 p.m. Why make it official when you've been a happily *unmarried* couple for years? That's what Maddie (Jennifer Finnigan) and Ben (Josh Cooke) think until Maddie's sister, Mia (JoAnna Garcia) announces she's getting hitched and having a baby with her boyfriend of just seven weeks. This comedy may make you rethink your take on life's big milestones.



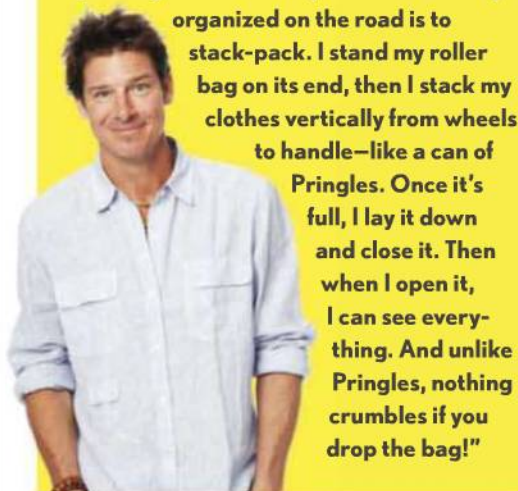
MIKE & MOLLY CBS, Mondays, 9:30 p.m. Love is patient, love is kind, love is low-fat? As Mike (Billy Gardell) and Molly (Melissa McCarthy) discover when they meet at an Overeaters Anonymous meeting, we can all bond over weight loss.

NIKITA CW, Thursdays, 9 p.m. This pulse-racing drama follows a rogue assassin determined to bring down the agency who created her—with fast and funny writing that makes it far more than the bombshell-fighting-bad-guys cliché.



HOT GUY WITH A HANDY TIP: TY PENNINGTON

From hosting the ABC hit *Extreme Makeover: Home Edition* to working on shows in the U.K. and Canada, Ty Pennington is all over the map—literally! Here, his flight-friendly way of packing:



"The best way I've found to stay organized on the road is to stack-pack. I stand my roller bag on its end, then I stack my clothes vertically from wheels to handle—like a can of Pringles. Once it's full, I lay it down and close it. Then when I open it, I can see everything. And unlike Pringles, nothing crumbles if you drop the bag!"

MOVIE



HOW TO SPEND A RAINY SUNDAY AFTERNOON

What happens when passion overcomes practicality? Different bedmates, the same frustrations—at least in Woody Allen's world. In *You Will Meet a Tall Dark Stranger*, Allen focuses his lens on a pair of married couples: 60-somethings Alfie and Helena (Anthony Hopkins and Gemma Stone) and their daughter and son-in-law (Naomi Watts and Josh Brolin), all of whom search for love in the wrong places. Opens September 23.

FROM TOP: CHRIS HASTON/NBC, COURTESY OF ABC, COURTESY OF SONY PICTURES CLASSICS, CINEFLUX.

BOOK**Read it in the tub*****The Widower's Tale* by**

Julia Glass In one book, meet a set-in-his-ways widower whose relationship with a single mom is both lovely and ominous; two totally different sisters who've never seen eye-to-eye; and a community preschool that's fighting an uphill battle to create a utopia for its students. Glass effortlessly ping-pongs between these three dramas to show how everyday love and lies can make—or completely destroy—a life.

This one's perfect for when you've got the night all to yourself and want to keep thinking long after the last page is turned.

**The Black Eyed Peas' Fergie on how to get what you want**

From hubby Josh Duhamel to number-one *Billboard* hits, when Fergie sets her eye on something, she doesn't hold back. Which is why her new fragrance, *Outspoken* by Fergie, is so perfectly named. We asked her to share the source of her chutzpah.

What's the fragrance like?

The notes in it are fruity, then we added this exotic flower that only blooms at night. It's called the Mistress of the Night, which I thought was perfect. And then to contrast that and give *Outspoken* a rough edge, I love the smell of fresh leather. So we mixed that in for some rock and roll, a little bit of me.

How do you come off as fearless and strong without veering into bitch territory?

Don't be afraid to be who you are. No sense in holding things in, letting them seep and then exploding. Kindly, gently, lovingly, but firmly say what you need.

How about with Josh? Any special ways you work your magic on him?

I'll be very to the point, but sometimes I'll use a baby voice, like, "Baby, pwease can you go get the remote?"



Between due dates and play dates

The smooth taste that makes any day better.

©2010 Seattle's Best Coffee, LLC

Uncommonly Smooth.

Available in
the coffee aisle.





Left: The Fortgangs with Johnette and Moses Mistretta. Above: Skyler, Maya, Laura, Wyatt, and Mark in Johnette's overgrown backyard. Bottom: Wyatt hard at work.



Getaway

The vacation that will change kids' lives

Why should you take your family on a voluntourism trip? After flying her kids to New Orleans to help rebuild, almost five years after Hurricane Katrina, **Laura Berman Fortgang** can explain.

We're not what you'd call the typical Jewish family: I'm an interfaith minister; I conduct nondenominational weddings, birth ceremonies, and the like, drawing on everything from Buddhist traditions to Native American rituals. And my husband, Mark, is an atheist. So no one was more surprised than we were when our son, Skyler, wanted to do something in honor of his 13th birthday—the time in a Jewish person's life that marks the start of adulthood. It's usually celebrated with a bar mitzvah, but he wasn't interested in a religious ceremony and big party. So instead, Mark and I suggested that he find a way to give back. He liked that idea. "What community service project can I do?" he asked.

I knew just the thing. Mark, a television producer, was in New Orleans covering the Gulf oil

spill, and I figured I'd take the kids (Skyler, plus our 9-year-old twins, Maya and Wyatt) to visit him, see the Big Easy, and do some volunteer cleanup. But then I learned that this work was off-limits to kids under 18. My research did reveal, though, that even before the Gulf crisis, New Orleans was still coping with the after-effects of Hurricane Katrina, from abandoned homes to ravaged parks. Online, I found the Beacon of Hope Resource Center (lakewoodbeacon.org), which provides support for neighborhoods rebuilding after the storm. In June, we flew to New Orleans to pitch in however we could.

We spent two days helping Johnette Mistretta, a 43-year-old mom living in a tiny trailer with her 10-year-old son, Moses. Five feet away is the bungalow they once called home. A group called Rebuilding Together has restored the exterior but has yet to work

with Johnette on the inside of her house, which is still unlivable because of flood damage. Our job: clear her overgrown backyard before the city fined her for letting her property become unsightly. She didn't have the equipment and help to do the job herself or the funds to pay someone else to do it. On our first day, with a heat index of 110 degrees, we hacked tropical weeds with a tree pruner, were bitten by fire ants, and dodged a swarm of hornets. I won't lie: The kids complained, even cried. It was time for them to get a little perspective, I felt. "Where are you sleeping tonight?" I asked. "A hotel," they answered. "Where are Johnette and Moses sleeping?" "In a trailer," the kids begrudgingly replied. Soon after, I saw the determination in their eyes to get the job done; I was proud of their resilience. ►

For more information about lending a hand in New Orleans, go to neworleanscvb.com and click on "Voluntourism."


KNOW HOW

Your Guide to Auto Care



Sandals? Check. Sunblock? Check. Fresh oil change and brake inspection? Hmm... You've been planning your family's Labor Day vacation since last year. The kids are excited, the hubby is ready to relax, and you're looking forward to some fun in the sun. **But is your car as ready to hit the road as you are?**

NAPA AutoCare believes that taking care of your car's health is an important part of protecting your investment and protecting your family. And they are prepared to take care of all of your vehicle needs—especially before an end-of-summer road trip.

We call this NAPA KNOW HOW, as NAPA AutoCare is designed with today's consumers in mind. With over 25 years of experience, NAPA AutoCare offers a variety of services:

Automotive Service Excellence (ASE) Certified Technicians
With proven experience, commitment to quality, and current technical knowledge, NAPA AutoCare employs qualified ASE-certified technicians who get the job done right.

NAPA AutoCare Peace of Mind Warranty This great consumer warranty is honored at over 13,000 facilities nationwide. It provides coverage on qualifying repairs for 12 months or 12,000 miles, whichever occurs first.

Quality Parts NAPA AUTO PARTS are constructed of high-quality materials that last. And NAPA's revolutionary Adaptive One brakes offer optimum stopping, with low dusting and virtually no noise. Stop into a NAPA AUTO PARTS Store or NAPA AutoCare Center during the month of September*, and receive up to a \$50 mail-in rebate on NAPA Brakes with the purchase of \$250 or more on qualifying brake products. Visit NAPAAutoCare.com for more details.

*Offer ends 9/30/10

Preventive Maintenance NAPA AutoCare wants your car to perform like new with necessary upkeep and preventive maintenance. From oil changes to brake system checks and mile inspections, proper maintenance provides reliability, longevity, and peace of mind.



Turn the page for a helpful checklist of must-ask questions for your NAPA AutoCare technician, plus tips on how to keep the car ride fun for the whole family! →

Auto Care Checklist

Make this checklist your go-to-guide for car-care service as you get ready for your Labor Day road trip and the busy school season ahead. Simply tear out and bring with you to your local NAPA AutoCare Center.

1 Radiator Flush

The coolant in your radiator doesn't last forever. Over time it can break down and start to corrode the inside of your radiator. Ask your technician to flush the radiator to avoid cooling problems.

2 Engine Oil

If you can't remember the last time you checked, changed, or topped off your engine's oil, make sure you ask for brand-new oil with a high-quality filter.

3 Air Filter

Your air filter should be checked every six months, so the end of the summer is the perfect time to have it checked and replaced if needed.

4 Tire Inspection

Summer traveling could mean driving in the rain. The tread on your tires must be adequate for rainy weather, or you could end up in a ditch, or worse. Ask your technician to check the tread depth on your tires as well as your tire pressure.

5 Windshield Wipers

Your windshield wipers can get worn out. Replace them at the beginning of your road trip and you won't have to worry.

6 Brake System

It's a good idea to inspect your brakes twice a year for safety, but because the frequent starts and stops of summer driving can put added strain on your car's braking system, have your technician inspect your entire brake system before any road trip. Damaged brake hardware can cause brake pads and shoes to drag, resulting in lower gas mileage.

7 Battery

Corrosion is very likely to build up during winter-weather driving. Your technician should check your battery posts and cables to ensure you'll have no starting problems as you begin your road trip.

8 Headlights

Sometimes you don't notice that you have a bulb out. Before a road trip is a good time to take a look to see if you need to replace a headlight bulb. Not only is it unsafe to drive with one headlight, but you can also get a ticket!

Wherever your travels may take you, you can find a NAPA AutoCare Center that can professionally take care of all of your vehicle needs.

To find a NAPA AutoCare Center in your area, call 1-800-LET-NAPA or visit NAPAAutoCare.com now and learn more about our Peace of Mind Warranty and specials.

Tips for Road Trips

Planning ahead for your time in the car can help reduce road-trip anxiety and ensure your trip is stress-free. Use these tips to keep the mood light and the fun going!

Entertainment – Pack brainteasers and trivia questions—fun for the whole family! Bring a variety of music or books-on-CD to satisfy each person, and take turns for each rider's preference.

Food – Bring a cooler of easy-to-chew, fragrance-free finger foods. Small plastic containers of celery and carrot sticks, pretzels, and fruit are tasty and healthy. Bring beverages in plastic bottles with close tops rather than pop-top cans to keep things neat.

Breaks – Stop for bathroom visits and stretching every two hours. This is the perfect time for the driver and navigator to change positions to reduce road fatigue.

Pack Light – Make a checklist of what's needed for each event on the trip, check the items off as you pack, and give yourself permission to not be perfect. You can always pick up items at your destination.

Gas Tank – Fill your gas tank the day before you leave on the trip, so you can get on the road as soon as possible. Gas prices are usually lowest in the middle of the week.

Emergency Kit – A basic kit should include jumper cables, a tire gauge, flashlight, spare fuses, headlight bulb, flares, screwdrivers, and wrenches. You should also include a basic first aid kit and plastic baggies for everything from wet washcloths to dirty diapers.



Don't discard a perfectly
good piece of furniture
when there's a **sure**
solution!

sure fitTM
slipcovers + home solutions



Suede Supreme Two Piece Separate Seat

Before

slipcovers • drapes • pillows • pet covers • auto seat covers • furniture • lamps • rugs

Shop surefit.com

**or call 1-800-518-0322
to order your FREE catalog.**

Swatches available.
Mention code: P264

20% OFF
Your First Order!

Use Promo Code: **RB20**
Offer ends December 31, 2010

HERE, EVERY DAY IS A FIELD DAY.



Before we make a great salad, we grow a great salad. Our fresh blend of eleven different greens are specially selected for taste and texture. They're grown just for us - and, just for you.

Then each day we hand chop every head of lettuce, in-store. We could pay less attention to lettuce, but we know the tastiest salad happens only when the details are right, starting from the ground up.

You know when it's real.®





The historic Hotel Monteleone; a shrimp po'boy from Parkway Bakery & Tavern; Blaine Kern's Mardi Gras World.



Downtime



On the second day, it poured, but nobody griped. It was so satisfying to know that *we* were transforming the jungle-like space into a neat yard. All of us were moved when Johnette quietly thanked us for our hard work. But in truth, we didn't expect thank you's; we did the work because it mattered to someone who'd been through a terrible ordeal. And for Mark and me, seeing our kids work and sweat was reward in itself; to test them beyond what they felt they could endure was as key to their growth as the act of giving back.

The experience has stayed with us. After the trip, Skyler said to me about Katrina, "You forget about stuff like that because it's not happening to you. But to see how people are still living, you know it's not over for them." When Mark and I suggested to the kids that we do a food drive for our local pantry, Wyatt said, "You mean we ask people to give food and we go around and pick it up? Yes, we can do that!" And Maya is already planning the volunteer project we'll do for *her* bat mitzvah. **R**

THE BIG EASY WAY TO REWARD YOURSELF FOR DOING GOOD

Where to stay

- **LOEWS NEW ORLEANS HOTEL** It's family-friendly, pet-friendly, and mom-friendly (read: there's a spa). (loewshotels.com/neworleans)
- **HOTEL MONTELEONE** Truman Capote and John Grisham have stayed here; why not you? (hotelmonteleone.com)

Must-see highlights

- **BLAINE KERN'S MARDI GRAS WORLD** See floats being built and let the kids try on costumes. (mardigrasworld.com)
- **STEAMBOAT NATCHEZ** Kick back as you cruise the Mississippi to live Dixieland music. (steamboatnatchez.com)

Where the locals love to eat

- **PARKWAY BAKERY & TAVERN** Head here for the po'boys, Louisiana's traditional submarine sandwich. (parkwaybakeryandtaavernnola.com)
- **WILLIE MAE'S SCOTCH HOUSE** There are lines out the door for the perfectly spiced fried chicken. (504-822-9503)

WHERE WILL YOUR FAMILY GO? Pack your good intentions along with your guidebook, then get out of town on one of these family-friendly voluntourism vacations.

Looking for an active vacation? The **American Hiking Society** (americanhiking.org/get-involved/volunteer-vacations) will have you clear trails at one of 70 hiking spots in the United States.

Willing to go wherever your help is needed most? Log on to Global

Volunteers' website (globalvolunteers.org); the home page will tell you which areas are in crisis.

Enjoy the great outdoors? Assist rangers at national parks and other gorgeous destinations with the **Sierra Club** (sierraclub.org/outings/national/service.aspx).

Want to work with people? Sign up with **Cross Cultural Solutions** (crossculturalsolutions.org) and head to Africa, Asia, Europe, or Latin America, where you'll do your part alongside local professionals in caregiving, health care, education, or community development.

NEW SALADS. FRESH ON OUR MENU.

Come taste Wendy's® totally reinvented salads. Made fresh each day.



VISIT WENDYS.COM



You know when it's real.®



“Wow, that was embarrassing!”

Mortifying but survivable moments when readers' words just came out wrong.

Have you had an “oops” moment?

Tell us about it. Email us at redbook@hearst.com (subject: Laughs); include your full name, your city and state, and a recent photo. Your story and picture could end up in REDBOOK!

Oh, what a typo!

I was working for the state legislature, and my team was responsible for compiling written materials for committee meetings. I had carefully typed out a notice for a special meeting of the Public Service Commission and was just about to mail it when the attorney I worked with pointed out that I had addressed it to “the Members of the Pubic Service Commission.” I would have died of embarrassment if it had gone out as written.

—Tina Payne, Weston, FL

Freudian slip



I work in a doctor's office, and last week I called a female patient with her test results: A urinalysis showed “multiple organisms.” I must have been tired, because I managed to say—you guessed it—“Your urine showed multiple orgasms.” Fortunately the woman had a great sense of humor; she laughed really hard and said, “Don't I wish!”

—Natalie Rasmussen, Portland, OR

X-rated baby talk



Taking our 21-month-old twin daughters out to dinner can be harrowing. They're obsessed with eating utensils, and the last time we were at a restaurant, my husband and I felt all eyes on us as the girls yelled, “Fork! Fork!” With their inability to say the letter *r*, it sounded as if they were yelling something else altogether. We kept giving the babies our forks to quiet them, and I can imagine what people all over town must have said that evening: “I saw this couple eating salad with their bare hands, and their babies were yelling obscenities at them the whole time!”

—Melissa McGillivray Johnson, Springfield, OH

Speakerphone shock

I had a great relationship with my coworkers and boss, and we kidded around with each other a lot. When my boss called me on his new cell phone one day, I answered with a sultry, “What are you wearing?” I heard hysterical laughter in the background, and he replied, “Um, I'm at the city council meeting and can't figure out how to turn off the speakerphone!”

—Lisa Freter Mull, Lakewood, CO

Talk about awkward



I was at my husband's company holiday party, catching up with a bunch of his coworkers' wives. I had just had my son, so post-baby stories were the topic of the night. One woman told me how great I looked, and I replied, “Thank you—you look great too! How old is the baby now? I know last year you were expecting.” I didn't notice the silence that filled the air, and I *really* didn't notice the “Shut up!” face my husband was making at me. Finally the woman said, “Oh, no, my son is 5; last year I was just fat.” I couldn't even find the words to reply.

—Vanessa Coppes, Staten Island, NY

She said what?

My husband and I were shopping at the grocery store. We ran into someone he knew from his work as a delivery person, but it took her a second to figure out the connection. Finally, she exclaimed, “Dave, I didn't recognize you with your clothes on!” We three knew that she was talking about how he was out of uniform, but the people around us were stunned. We couldn't stop laughing!

—Jennifer Thorne, Dupo, IL

THE ORIGINAL & FAVORITE

Sandwich Thins®

Don't talk with
your mouth full.
But it's perfectly OK
to smile.

For some, it's all about the 100 calories, top and bottom together. For others, the great taste. Everyone agrees Sandwich Thins® rolls are perfect for anything from a light turkey club to a juicy grilled burger. Because each one is made with whole grains and is low in fat, they're just right. All the time. To find us at a store near you, visit sandwichthins.com

Bread Perfected.



**Arnold
Sandwich Thins®**

Calories
100

Fiber
5g

Fat
1g

Promotion



Fiber Gummies— They're The Best Tasting

Vitafusion® Fiber Gummies pack 5 grams of fiber in each delicious sugar-free serving. That's more fiber than other leading brands. Made with natural color & flavors and award-winning taste, you can now enjoy your fiber! Available at Target®, CVS® and Safeway. nwnaturalproducts.com



Crazy Smart Gummy Vitamins

Some ideas are smart and some are Crazy Smart!

Vitafusion® MultiVites™ pack essential vitamins and minerals into tasty, award-winning gummy vitamins specially formulated for adults. You'll love the natural fruit flavors and colors. At Costco, Target®, Rite Aid and other fine retailers nationwide. nwnaturalproducts.com



America's #1 Diet

Why does America love The Hollywood Cookie Diet®? Because it works! Join millions of others, and get the body you want. This diet is simple, affordable and effective — guaranteed! Losing weight never tasted so good. Available at Walgreens and GNC. Check out our great online specials! www.hollywooddietstore.com; 1-800-NEW DIET (639-3438)

Produced by WMI 203.256.4102 wmimediasolutions.com

Whitens Your Teeth Faster Than It Takes To Read This Magazine.



Total Treatment Time
One Hour.

Why take two weeks when you can safely and effectively whiten your teeth up to 6 shades in only 1 Hour without any tooth sensitivity?

Finally, the evolution of tooth whitening has arrived with dentist-created Luster 1 Hour White. Also available in Luster Weekend White formula.



VISIT LUSTERRED.COM
FOR SPECIAL OFFERS

AVAILABLE AT:

Walmart, CVS, Target, Walgreens
and other fine stores

Shopping Guide

BEHIND THE SCENES

PAGE 24: Chanel Rouge Coco **Lip Colour**, \$30; chanel.com. Archive **bracelet**, \$106; archivejewelry.com. Vita Fede **bracelet**, \$190; vitafede.com. Oscar Blandi **Jasmine Oil Serum**, \$16; sephora.com. Belson Pro Ultra Light Turbo **Tourmaline dryer**, \$33; sallybeauty.com.

FAST (BUT SPECIAL) FALL MAKEUP

PAGE 40: Bare Escentuals Buxom Stay-There **Eyeshadow**, \$17; sephora.com. Shiseido Perfect Rouge **lipstick**, \$25; fine department and specialty stores. It Cosmetics Brow Power Universal Transforming **eyebrow pencil**, \$24; itcosmetics.com. Bourjois Liner Feutre **Eye Liner**, \$13; ulta.com. Mary Kay Liquid **Lip Color**, \$13; 800-MARY-KAY, marykay.com.

FIXES FOR SURPRISE BREAK-OUT SEASON

PAGE 52: Therapy Systems Treatment **Cleanser** for Problem Skin, \$36; 800-733-8606, therapy.com. Zeno Heat Treat **device**, \$40; myzeno.com. Boots Botanics Conditioning **Clay Mask**, \$9; target.com. Sonia Dakar Acne Zero **treatment**, \$45; 888-64-SONYA1, sonyadarkskinclinic.com.

BEAUTY CHECKLIST

PAGE 54: Burberry **Lip Covers**, \$30 each; us.burberry.com. Laura Geller Shimmer Down **Mattifying Powder**, \$36; qvc.com. Chantecaille Tiger in the Wild **palette**, \$78; chantecaille.com. Rusk Deep Shine Lustre **moisturizing cream**, \$15; ulta.com. Benefit Girl Meets Pearl **highlighter**, \$30; benefitcosmetics.com. Hervé Lèger Femme **eau de parfum spray**, \$34; 800-FOR-AVON, avon.com. Steamcream **moisturizer**, \$18; steamcream.com.

YOUR MANICURE CAN LAST 10 DAYS!

PAGE 56: OPI **nail lacquer**, \$8.50; 800-341-9999 or opi.com for retailers. Essie **nail pads**, \$10; essieshop.com. CND Scrub Fresh **Nail Surface Cleanser**, \$22; cnd.com. **PAGE 58:** Julep Essential **Cuticle Oil**, \$9; myjulep.com. For information on CND **Shellac**, visit cnd.com. For more information on OPI Axxium Soak-Off **Gel Lacquer**, visit opi.com.

YOUR 10 BEST LOOKS NOW

PAGE 61: Shiseido Luminizing **lip gloss**, \$22; shiseido.com. **PAGE 64:** Jemma Kidd Make Up School Blush-wear **Creche Cheek Colour**, \$17; beautybay.com. **PAGE 66:** Urban Decay Lip Junkie **Lip Gloss**, \$19; sephora.com, selectmacy.com, sephora.com, ulta.com, urbandecay.com. Mary Kay **Liquid Eyeliner**, \$11; marykay.com.

"HEY, TIM! WHAT SHOULD I WEAR TODAY?"

PAGES 74-78: Liz Claiborne, JCPenney, and Worthington items are available at JCPenney and jcp.com.

THE SEXIEST, MOST FLATTERING JEANS!

PAGES 182-183: J.Crew **jeans**, \$108; jcrew.com. Old Navy **jacket**, \$45; Old Navy, 800-OLD-NAVY for stores. Gap **top**, \$20; Gap. New Balance 471 for DSW **sneakers**, \$65; DSW. Ice-Watch **watch**, \$85; Dillard's, ice-watch.com. **PAGE 184:** Denimocracy **jeggings**, \$83; dillards.com. Autumn Cashmere **sweater**, \$322; Roan, Richmond, VA, 804-288-3699. Simply Vera Vera Wang **boots**, \$110; Kohl's. San Diego Hat Co. **hat**, \$54; sandiegohat.com. Coach **satchel**, \$398; Coach stores nationwide, 866-262-2440. **PAGE 185:** Gap **jeans**, \$70; gap.com. J.Crew **cardigan**, \$138; jcrew.com (available in November). Love Sam **shirt**, \$175; Calypso stores. Daniblack **flats**, \$175; Amy's Shoes, Cleveland, 440-409-0120, for similar styles. The Limited **belt**, \$20; thelimited.com. **PAGE 186:** Gap **jeans**, \$60; Gap, gap.com. Tulle **tank**, \$28; tulle4us.com. American Eagle Outfitters **necklace**, \$20; ae.com. The Belt by Joe's **belt**, \$88; joesjeans.com. Stella & Dot **bracelet**, \$98; stelladot.com. **PAGE 187:** American Eagle Outfitters **jeans**, \$40; ae.com. Trina Turk **coat**, \$642; Trina Turk, Newport Beach, CA, 949-717-7881. Walter **shirt**, \$198; Fresh Boutique, Lutherville, MD, 443-901-0097. Michael Michael Kors **slingshots**, \$135; 866-0709-KORS for stores. My Jewelry Box **brooches**, \$79 to \$89; myjewelrybox.com. Ariat International **belt**, \$35; 800-899-8141, ariat.com.

PAGE 188: Citizens of Humanity **jeans**, \$154; Revolve Clothing, Bergdorf Goodman. Chico's **jacket**, \$129; Chico's boutiques, 888-855-4986, chicos.com. Ellelauri **blouse**, \$112; ellelauri.com. AMI Clubwear **heels**, \$25; amiclubwear.com. Elva Fields **necklace**, \$228; elvafields.com. Rosena Sammi **bangle**, \$75; rosenasammi.com. J.Crew **belt**, \$35; jcrew.com. Ember Skye **tote**, \$599; shophetrendboutique.com. Bei-Flor **jeans**, \$145; ellelauri.com. M'Chic **jeans**, \$49; mchicfashion.com. Long Tail Sally **jeans**, \$79; longtailsally.com. Lee **jeans**, \$45; lee.com.
PAGE 189: "What to Wear on Top": Old Navy **blouse**, \$23; oldnavy.com. Rich & Skinny **jeans**, \$145; Saks Fifth Avenue. American Eagle Outfitters **shirt**, \$40; ae.com. J.Crew **jeans**, \$98; jcrew.com. Autumn Cashmere **cardigan**, \$278; Diana & Jeffries, NYC, 212-831-0531. Walter **tank**, \$128; shopwalter.com. Fidelity Denim **jeans**, \$198; Alene Too, Boca Raton, FL, 561-394-0899. "Cuff 'em or Hem 'em?": Loomstate relaxed **jeans**, \$158; loomstate.org for more info. Elaine Turner **flats**, \$98; elaineturner.com. Dish Jeans flare **jeans**, \$98; dishjeans.com. White House Black Market **heels**, \$108; 877-948-2525, whitehouseblackmarket.com. "Trend You'll Love": Old Navy biker skinny **jeans**, \$35 each; oldnavy.com. Converse One Star motorcycle **jeans**, \$35; most Target stores, target.com. Loft moto **jeans**, \$80; loftonline.com. Dish Jeans motorcycle **jeans**, \$108; dishjeans.com. For more info on Pac Sun **jeans**, shop.pacsun.com. Levi's Curve ID **jeans**, \$58 to \$98; levi.com.

Sweepstakes Rules

THE GOOD WIFE DVD GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to

redbookmag.com/goodwifegiveaway between 12:01 a.m. ET on August 24, 2010, and 11:59 p.m. ET on September 20, 2010, and complete and submit the entry pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/goodwifegiveaway.

WIN IT! SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag.com/winit between 12:01 a.m. ET on August 24, 2010, and 11:59 p.m. ET on September 20, 2010, and complete and submit the entry for the sweepstakes of your choice pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/winit.

THE WISH COME TRUE SWEEPSTAKES, a.k.a. THE \$250,000 CASH GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to win250k.redbookmag.com and complete and

submit the entry form pursuant to the onscreen instructions. Beginning February 1, 2010, at 12:01 a.m. ET through January 31, 2012, at 11:59 p.m. ET. (1) Grand-prize winner will win \$250,000. (24) First-place winners will receive \$1,000 each. (24) Second-place winners will receive \$100 each. Odds of winning depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at win250k.redbookmag.com.

GIRLS' NIGHT OUT CHILI'S GIFT CARD GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag.com/chilis giveaway between 12:01 a.m. ET on August 24, 2010, and 11:59 p.m. ET on September 20, 2010, and complete and submit the entry pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/chilsgivingaway.

Correction

In our July issue, we miscredited the makeup artist for our Jillian Michaels cover. The correct credit is: Makeup by Joanna Schlip for Red Carpet Colour. Red Carpet Colour Body Glow; redcarpetcolour.com.

REDBOOK® (ISSN 0034-2106) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Frank A. Bennack Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: Cathleen P. Black, Chairman; David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan Jr., Vice President and Group Controller. ©2010 by Hearst Communications, Inc. All rights reserved. REDBOOK is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement No. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$17.97 for one year. Canada and all other countries: \$29.97 for one year. Subscription Services: REDBOOK will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to service.redbookmag.com or write to Customer Service Department, REDBOOK, P.O. Box 6000, Harlan, IA 51593. REDBOOK is not responsible for unsolicited manuscripts or art. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Please send address changes to REDBOOK, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.



SAVE 50¢

Off any (1) Old Orchard
Healthy Balance 64 oz. juice

Retailer: We will reimburse you for the coupon face value plus 8 cents handling if you and your agent comply with the terms of this offer. Any other use constitutes fraud. Invoices showing sufficient inventory to cover all claims must be presented upon request. Coupon may not be assigned or transferred. Cash value 1/20 cent. Mail to: Old Orchard Brands LLC, P.O. Box 880042, El Paso, Texas 88588-0042. Expires 12/31/10



A healthy splash for an active lifestyle.



When it comes to making smart choices to build a healthier you, Healthy Balance from Old Orchard is on your team. With 75% less sugar, carbs, and calories than regular juice, it's the juice that's fit for your lifestyle. Visit healthybalance.com.



Become a fan on Facebook for coupons and promotions - www.facebook.com/healthybalance

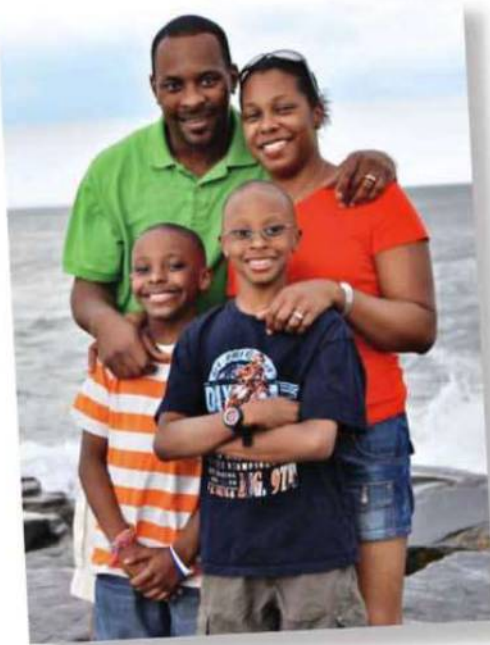


Follow us on Twitter @Healthy_Balance



REDBOOK

I love my



Loyal

I pride myself on always being there for those who need me. I've been loyal to my husband of 11 years, I've gone to all my 8- and 9-year-old sons' sports games and plays, I'm a shoulder for my girlfriends to cry on, and I'm loyal to my reading students by bringing my A game to the classroom each day. Being a support for other people means they support me too, which is the best thing I could ask for. —Keynora Greenwood, 33, Catonsville, MD

Scrapbooking

My coworker got me into scrapbooking three years ago, and I've been hooked ever since. I have albums full of my daughter's artwork and cherished photos, and I adore picking out just the right embellishments, ribbons, or buttons for each page. Scrapbooking is the perfect stress reliever and a great pick-me-up for a bad day. —Aimee Dunlow, 38, Rowlett, TX



HOMETOWN

I've been living in the same town for most of my life. I met my husband in seventh-grade math class, and—fast-forward three decades—now we're raising our three kids here, near my family and their cousins. It's great to go into shops where the owners know my name. I love teaching my students about our town's rich history by taking them to the heritage museum. The feeling that I'm truly at home where I live gives my life joy, peace, and meaning. —Susan Paliotta, 40, Kings Park, NY

life!



THE MORE YOU CHEW, THE MORE GOOD YOU DO.

HELP TRIDENT® SUPPORT SMILES ACROSS AMERICA®.

Kids always stick together, especially when it's for a good cause. That's why they're getting behind Trident®. In addition to helping fight cavities, chewing Trident® now helps Smiles Across America® give 250,000 underprivileged kids the dental care they need to keep their smiles healthy and bright. Join us and together we'll chew for smiles.

For a coupon visit us at facebook.com/tridentgum



SMILES
ACROSS AMERICA®
an Oral Health America Program

COVERGIRL®

DANIA RAMIREZ



2 steps to a 3-D lip look. outlast lipstain + shineblast color and shine highly defined

Start with a flush of lasting color from Outlast Lipstain. Add depth with the glossy shimmer of Shineblast. Do it with two of lipwear's most precise applicators, and ta-da, luscious lips with dimension. *easy breezy beautiful COVERGIRL*

Dania gets dimensional with Outlast Lipstain in Saucy Plum and Shineblast Lipgloss in Glean.

